

# Feelings Show Up in the Body

When the amygdala rings the alarm, you likely feel sensations in your body that can be uncomfortable and even makes you worry. When emotions show up, remember that the physical sensations are normal. Become a detective. What are you feeling? Where are the feelings showing up in your body? What is the sensation?



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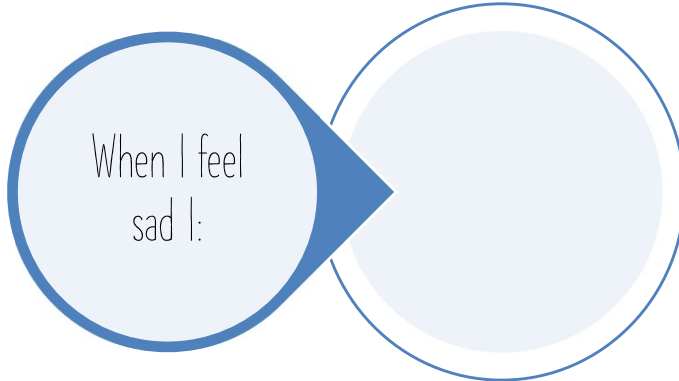


It's also helpful to know that you tend to respond in certain ways when you feel different emotions.

What do you do with your feelings?



When I feel sad I:



When I feel happy I:



When I feel mad I:



When I feel worried I:

