

Recognising Feelings

Feeling: _____

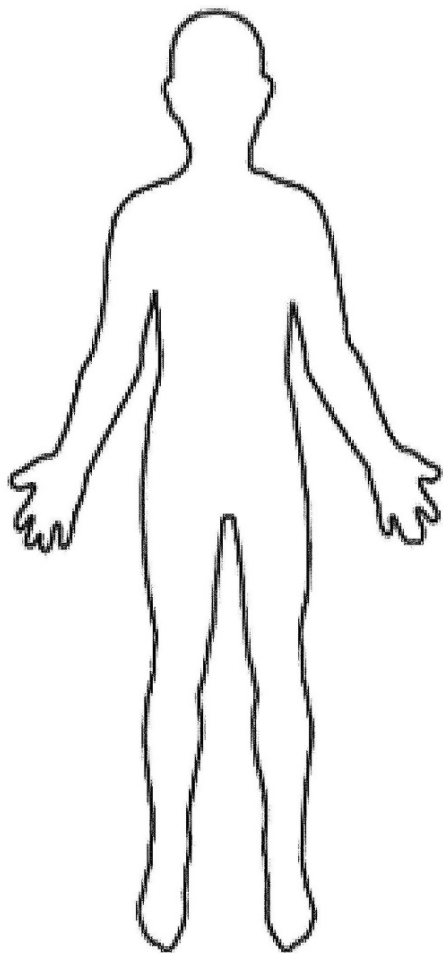


Image retrieved from: <https://www.pinterest.co.uk/pin/116952921547127699/>

Level	Things or situations that trigger this	What I notice in my body	Thoughts that go through my head	Things I typically do	Ways I can try to manage this feeling
5					
4					
3					
2					
1					

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PEACE 

Pathway for Eating disorders and Autism
developed from Clinical Experience

People drew maps of body locations where they feel basic emotions (top row) and more complex ones (bottom row). Hot colors show regions that people say are stimulated during the emotion. Cool colors indicate deactivated areas

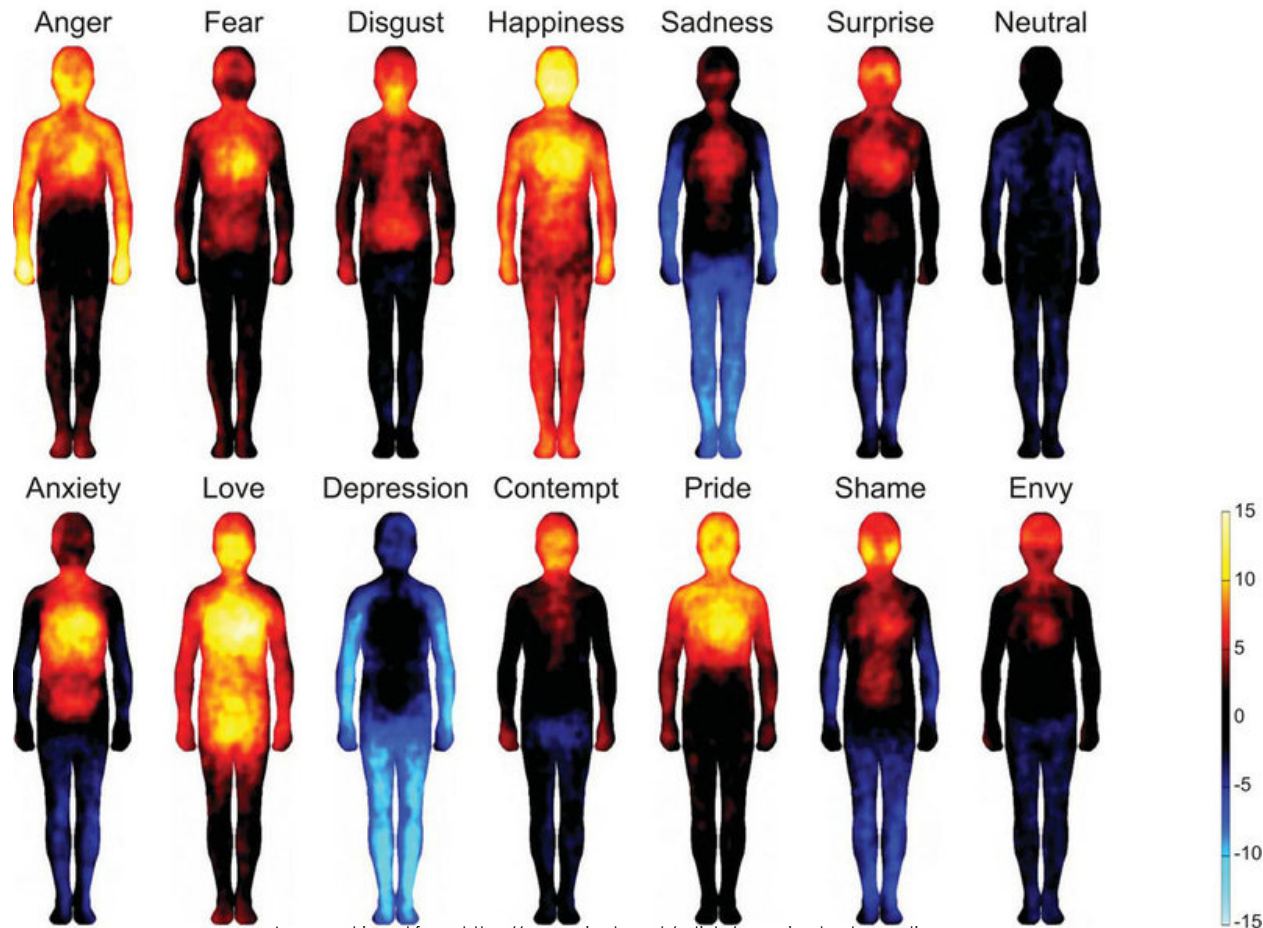


Image retrieved from: <https://www.wired.co.uk/article/mapping-body-emotions>



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