

**Emotional Mapping:** This Body Clues + Emotional Mapping Sheet is a practical, sensory-based tool designed to help you build the bridge between emotional awareness and body-based insight. It's the tactile version of the “feel it to heal it” philosophy—encouraging people to notice where emotions live in their bodies and what those sensations might be trying to communicate.

Instructions Example:

*"Close your eyes and recall a recent moment of [emotion]. Where did you feel it? Mark it on the body map using colors or shapes."* Enter notes in the Journal area, and use the prompts to help you. Sometimes there is more than 1 emotion and you can use the Inventory Quadrant to list them.

[illegible]