



The Physical Side of Emotion

Something you may have noticed when doing your thought download (see the Thought Download worksheet) were a few emotions kicking up. This is because thought triggers emotion.

You can consider thought the written instruction for how to react to something, and emotion the chemical instruction for creating behavior.

Think of a remote-control toy car. There are written instructions on the remote that provide instruction. That instruction tells you which way to push a button or lever in order to make the car move. In this scenario the written instruction is like thought, you represent the emotion that engages and moves the button or lever, and the car moving is the action that the emotion creates.

An interesting exercise to do is label an emotion that a problem you are currently experiencing triggers in your body, and to try and describe it in detail. Do this below.

Use the prompts on the following page to explore an emotion. And if you have any questions or need help, email sarah@braincleanupcoach.com.

1. Name a problem that you have in your life right now.

2. What is an emotion this problem triggers in your body?

3. When you're feeling this emotion, where do you physically feel it in your body?

4. Does this emotion feel heavy or light? Why?

5. If you had to give this emotion a color, what would it be and why?

6. If this emotion had a texture, what would it be and why?

7. If you could store this emotion away in a container, what would it fit in?
