# Body Sensation Hierarchy

When experiencing emotions, different physical sensations are experienced in our body based on the intensity level of the emotion. As the intensity of our emotions increases, our body’s fight/flight/freeze response also increases. This worksheet will help you explore the different body sensations you experience at each level of emotion so that you can learn to catch a rise in emotion sooner. Increasing awareness can also help you implement coping strategies more effectively.

## Instructions

In the Situations/Thoughts column list all the situations or thoughts that may activate the level of emotion you are exploring.

In the Body Sensations column, list all the body sensations you experience when you are at that level of emotion. A list of common body sensations is listed below for you.

## Emotion Hierarchy

|  |  |  |
| --- | --- | --- |
| **Intensity Level** | **Situations/Thoughts** | **Body Sensations** |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |

## Body Sensations to Pay Attention To:

* Heart rate increases/decreases
* Tension in muscles
* Fidgeting
* Sweating
* Changes in thoughts e.g., mind racing, inability to rationalize
* Breathing rate changes
* Dry mouth
* Nausea, butterflies or tension in stomach
* Dizziness or lightheadedness
* Bladder urgency
* Vision changes e.g., sharper, tunnel vision
* Hearing changes e.g., sounds seem louder or more muffled
* Cold/tingly hands or feet