

What It Feels Like in Your Body

Put plain words to what your body does when the alarm goes off.

WHEN TO USE THIS

Use this on a calm day, looking back at the last time it hit you hard.

Draw a rough body outline. Mark the spots where you feel it most.

Stick figure is fine. Shade, scribble, or label.

Name what your body does. One thing per line.

Heart, breath, stomach, hands, head, legs.

1. _____
2. _____
3. _____
4. _____
5. _____

At its worst, how strong was the feeling?

0	1	2	3	4	5	6	7	8	9	10
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Barely there

As strong as it gets

How would you describe it to someone who has never felt it?

You just described something hard without being in the middle of it. That counts.