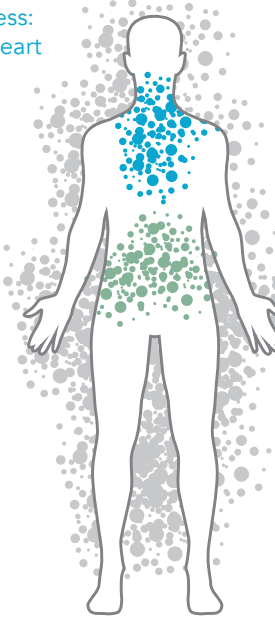


# Emotions Are a Source of Intelligence

Each emotion has its own distinct function and often shows up in certain areas of the body.

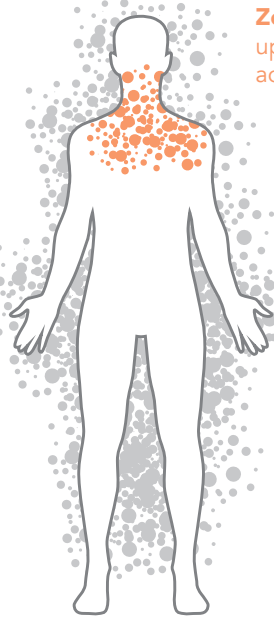
## Feeling Zones and the Function of Each Feeling

**Zone 1 - Sadness:**  
throat, chest, heart



**Zone 2 - Fear:**  
belly, around  
the navel

**Zone 3 - Anger:**  
upper back, neck,  
across shoulders, jaw



**Zone 4 - Joy:**  
bubbly,  
effervescent  
feeling that can  
be felt all over



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# Practicing Emotional Literacy

Follow these steps to identify what emotions may be arising, along with the message they are trying to tell you.

<p><b>Step 1: Notice Body Sensations</b></p> <p>Tune into sensations in your body, and make note of where they show up. It can help to close your eyes and take a few full breaths to tune in.</p>	<p><b>Step 2: Feel</b></p> <p>Notice the emotion that corresponds with the location of your body sensations.</p> <p>Try on the emotion by saying a statement aloud, such as "I feel _____." Welcome the feeling and allow it to move through your body like a wave.</p>	<p><b>Step 3: Wonder</b></p> <p>Once you've fully felt the feeling, it's time to get curious. Consider the questions that correspond with the emotion you're feeling.</p>
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<b>Location of Body Sensations</b>	<b>Emotion</b>	<b>Questions</b>
Throat, chest, heart area	Sad	What's the loss? What might I need to let go of?
Upper back, neck, across the shoulders, jaw	Angry	What's the intrusion (what am I getting that I <b>don't</b> want) or the obstacle (what am I <b>not</b> getting that I want?)
Belly, around the navel	Scared	Am I perceiving some threat to my environment?
All over	Happy	What wants to be celebrated?

