

Felt Sense Checklist

Your *felt sense* is your body's internal experience. Before thoughts or emotions become clear, your body first communicates through sensations. If it feels safe, notice what you're sensing right now by following these eight steps.

1. LOCATION

Where do you notice a sensation?

- | | |
|------------------------------------|---|
| ☐ Chest | ☐ Limbs |
| ☐ Throat | ☐ Whole body |
| ☐ Belly | ☐ Hard to locate |
| ☐ Shoulders | ☐ _____ |

2. INTENSITY

How strong is the sensation?

- ☐ Very Mild
☐ Mild
☐ Moderate
☐ Strong
☐ Very Strong

3. QUALITY

What does it feel like?

- | | |
|--------------------------------|---------------------------------|
| ☐ Tight | ☐ Sharp |
| ☐ Soft | ☐ Dull |
| ☐ Heavy | ☐ Smooth |
| ☐ Light | ☐ _____ |

4. SIZE

How much space does it take up?

- ☐ Small
☐ Medium
☐ Large

5. MOVEMENT

Does it move?

- | | |
|-------------------------------------|------------------------------------|
| ☐ Pulsing | ☐ Spreading |
| ☐ Fluttering | ☐ Still |
| ☐ Rising | ☐ Stuck |
| ☐ Sinking | ☐ _____ |

6. DIRECTION

How does it move?

- | | |
|--------------------------------------|-------------------------------------|
| ☐ Pulling in | ☐ Expanding |
| ☐ Pushing out | ☐ Collapsing |
| ☐ Sinking | ☐ Circling |
| ☐ Rising | ☐ _____ |

7. ENERGY

What is the energetic tone?

- | | |
|-----------------------------------|------------------------------------|
| ☐ Warm | ☐ Electric |
| ☐ Cool | ☐ Numb |
| ☐ Hot | ☐ Activated |
| ☐ Cold | ☐ Flat |
| ☐ Tingling | ☐ _____ |

8. OVERALL EFFECT

How does it affect your whole body?

- | | |
|-----------------------------------|----------------------------------|
| ☐ Grounded | ☐ Open |
| ☐ Restless | ☐ Guarded |
| ☐ Heavy | ☐ _____ |