



Exercise: Physical sensations

Goal

Learn to identify and recognize different emotions. This will also make it easier to notice the emotions that you associate with insomnia.

Instructions

This exercise has two parts.

In the first part, answer questions about how your body feels and what physical sensations you experience.

The second part tests your ability to recognize the emotions that are causing your physical sensations. We have provided a list of emotions to help you.

Part 1: Physical sensations

Stop for a moment to think about each of the following questions:

- What sensation do you feel in your body right now?
- Does your chest feel tight, do you have a knot in your stomach or are your shoulders tense?
- Are you having trouble breathing? Does your breathing feel out of the ordinary in any way?
- Does taking calm, deep breaths feel difficult?
- Do you feel uncomfortable analyzing your physical sensations?

My physical sensations:



Part 2: Emotions

Once you have located where the sensation in your body originates, focus on that location and ask yourself the following questions:

- Does the sensation grow stronger the more you think about it?
- Is the rate or depth of your breathing changing?
- Do you notice anything else?

What is it that you are feeling? Below is a list of emotions. Is the feeling one of the ones listed here, or something else?

- Pleasure
- Love
- Compassion
- Craving
- Contempt
- Disgust
- Disappointment
- Loneliness
- Gratitude
- Surprise
- A sense of belonging
- Panic
- Depression
- Excitement
- Annoyance
- Safety
- Joy
- Sorrow
- Anger
- Guilt
- Fear
- Anxiety
- Stress
- Exhaustion
- Tiredness
- Pride
- Serenity
- Success
- Craving for intimacy
- Shame
- Tension
- Despair



My emotions: