

Somatic-Emotional Processing Worksheet

1. **Identify emotions** that are present and notice any related sensations in the body. (It may be helpful to choose one emotion at a time.) _____

2. **Acknowledge** the feelings and listen to them. Just notice. Allow the breath to flow.
3. **Accept** that these emotions/sensations are present; let go of struggling against them, at least for this moment. Breathe into the sensations and allow this experience to be as it is.
Note your reactions: _____

4. **Validation** – recognize that these emotions are present for a valid reason. It is understandable that you are feeling this way, even if you're not sure why. Maybe the reaction is related to prior experiences, the current situation, or your physiological response. It's not necessary to understand "why" you are having these feelings in order to assume that your reaction has a valid reason for being here. While there may be more helpful ways to feel, but that doesn't change the fact that your present reaction is *understandable*.
Describe reasons you might be feelings this way: _____

5. **Breathe into the experience** of this emotion and these sensations. Breathe into a sense of your humanness, with compassion toward yourself for your sensitivities and vulnerabilities.
Describe your reactions: _____

6. Soothe hurt emotions by **placing a hand over your body** where you feel the experience. Breathe softly into this area. Envision warm, compassionate energy flowing from your heart, through your hand, into the area you are touching with your hand. Allow yourself to receive this nurturing energy.
Describe your reactions: _____

7. Inquire within as to whether there may be something you can do to address this feeling, without any expectation that something needs to be done. Just be curious and notice if any response occurs to you. "What might be helpful?"
Response: _____

8. How has this exercise affected you? _____