

### Bioaffective Awareness Exercise

- Spend a couple of minutes with your eyes closed- notice your body.
- Fill your body image with colors, lines and shapes, representing your feelings; label them.
- Process the following and scale the intensity:
  - Where is the \_\_\_\_\_ (symptom, feeling) the greatest?
  - Does the \_\_\_\_\_ (symptom, feeling) have a specific shape and color.
  - Are there any other sensations present in your body?

