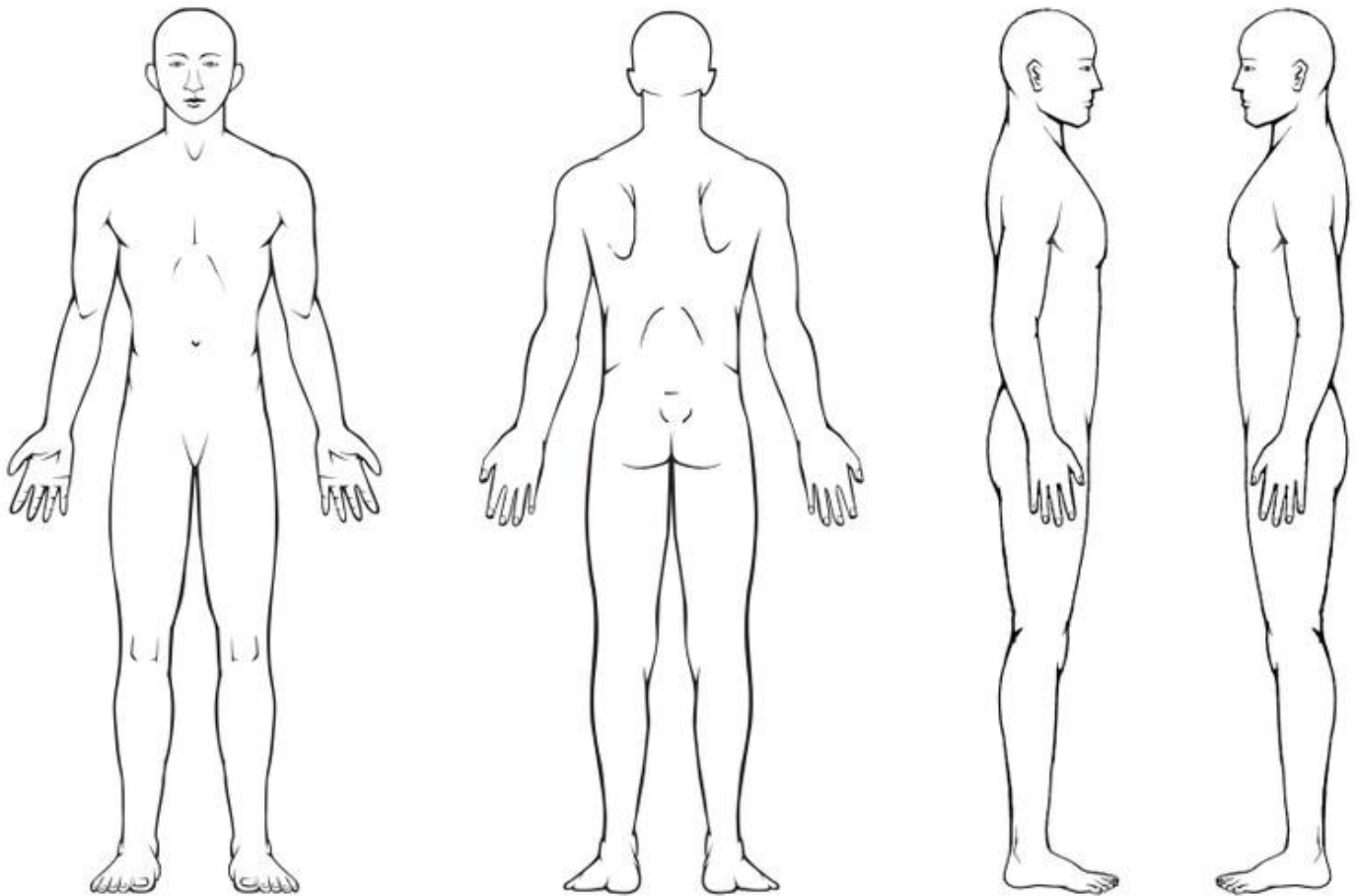




BODY SCAN

NAME:

DATE:



1. Record your findings on the body diagram by labeling any:
 - Pain you have on a scale of 0 to 10 (0 = none and 10 = worst).
 - Negative emotions such as anger, sadness, frustration, guilt, grief, resentment, shame, and fear.
 - Positive emotions such as peace, joy, gratitude, and love.
 - Colors, sensations, or images that connected to a certain region of the body.
2. If your body could speak, what would it say? You can also draw the story your body would tell on the back of this page.

3. Compare your Body Scan to the *Emotional Pain Chart* and to begin to unravel your Bodymind connection.