























Emotional substitution

mumshine



1. Identify your feeling and complete the left side of the table

	my feeling is	
	if it had a colour it would be...	
	if it had a shape it would be...	
	the texture would feel like...	
	if it were weather it would be...	
	it would sound like....	
	its size would be...	
	it is in my body in my...	
	if it was an animal it would be...	
	it would smell like....	
	it would taste like....	

2. Identify the feeling you want to feel and complete the right side

3. Observe what you notice in your body and how you feel