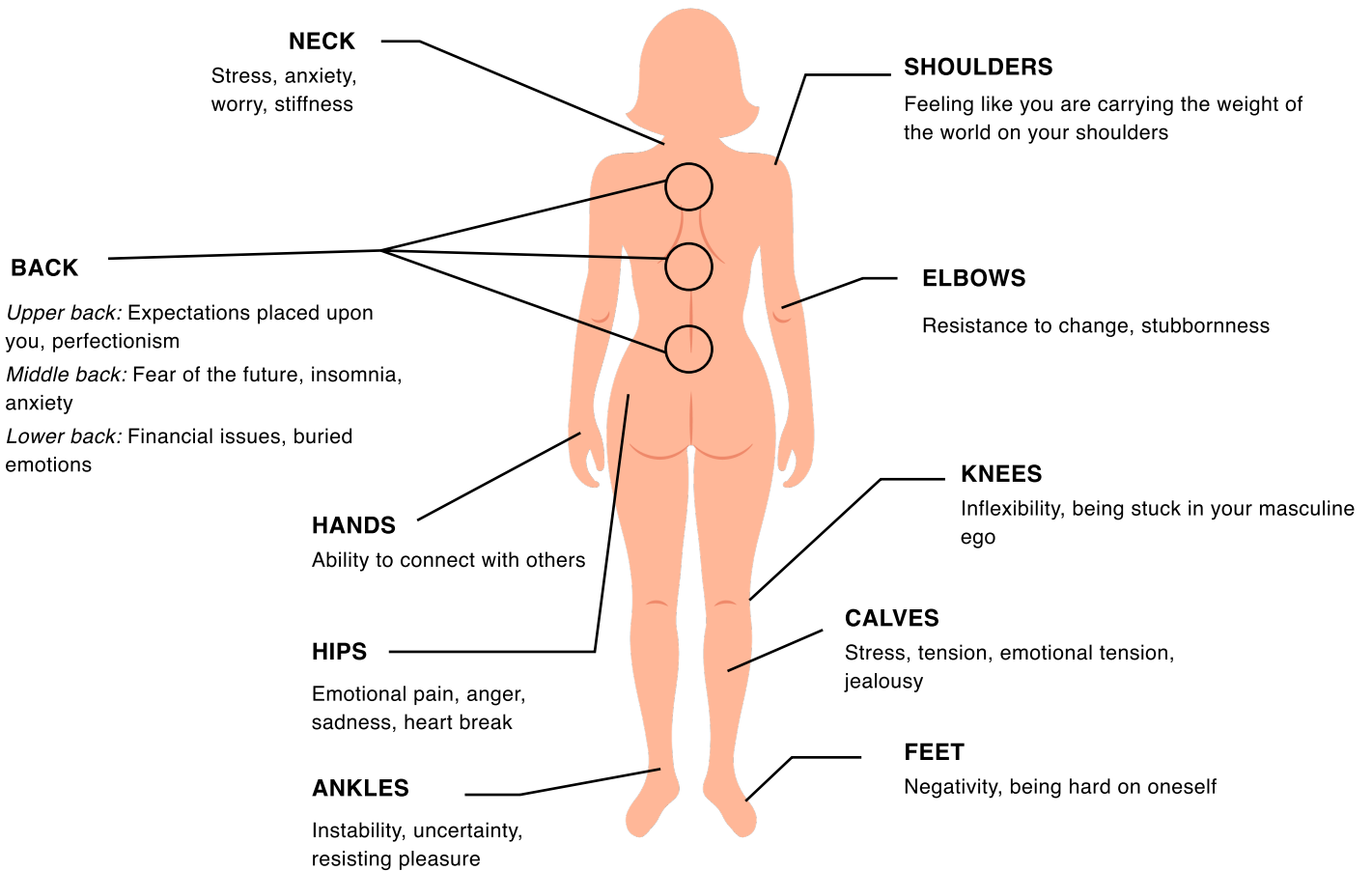


Female Emotional Pain Body Chart

Name: _____

Instructions: Locate emotional pain, think about your feelings, and identify where you feel emotional pain on the body diagram.



Emotional Pain Location/s: _____

Express Emotions: Look at the key and use it to explain your emotions or sensations in those areas.

Measure Intensity: On a scale from 0 (a little) to 10 (very intense), rate how strong your emotional pain is at each marked spot.

Location: _____ Rating: _____ Location: _____ Rating: _____

Location: _____ Rating: _____ Location: _____ Rating: _____

Location: _____ Rating: _____ Location: _____ Rating: _____

Additional Notes: