Describing Your Feeling

Part I

Which feeling would you like to describe? ________________________________________________

Answer the following questions. Picture your feeling as you write words to describe this feeling. You may even draw a picture of this feeling.

1. If your feeling had a shape, what would it be?
   __________________________________________________________

2. If your feeling had a color, what color would it be?
   __________________________________________________________

3. If your feeling had a texture, what would that feel like? (rough, soft, sticky, etc…)
   __________________________________________________________

4. If your feeling had a sound, what would it sound like?
   __________________________________________________________

5. If your feeling was a weather condition, what would it be? (stormy, sunny, cold, windy, etc.)
   __________________________________________________________

6. If your feeling had a size, how would you describe that size?
   __________________________________________________________

7. If your feeling had a place in your body, where would it be?
   __________________________________________________________

8. If your feeling were an animal, what kind of animal would it be?
   __________________________________________________________

9. If your feeling could say something, what would it say?
   __________________________________________________________

10. If you could talk to your feeling, what would you say?
    _________________________________________________________
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Part II

Answer the questions below.

1. What shape do you think represents joy, peace, and calmness? ______________________________
2. What is your favorite color? ___________________________________________________________
3. Describe some textures that feel good to the touch? ______________________________________
4. What sounds do you enjoy listening to? ________________________________________________

Now, bring back the image of the feeling you described earlier. Picture that image’s color, shape, and texture.

Imagine pulling it out of that place in your body where you imagine that feeling resides.

Now, replace the shape of that feeling with the shape you named above.

Replace the color of that feeling with the color you named above.

Replace the texture of that feeling with the texture you named above.

Now, picturing that image with the changes you have made, think of the sounds you named above.

Take a deep breath while imagining the new image you have created.

Finally, imagine you are taking that image and placing it back in your body, where the feeling usually resides.

Take several deep breaths while you picture the new image you have created.

Describe the feeling you have at this moment. ____________________________________________