

FEELINGS WALK

PURPOSE

This activity is designed to help clients become more aware, in an experiential way, of the physical sensations associated with different emotions. When clients are tense or feel keyed up, the feelings walk can be used to reduce tension and help shift them into a calmer state.

1

Ask the client to stand up and begin to walk around the room.

2

Name a feeling and ask them to walk in a way that embodies that feeling in their body and face.

For instance, ***“Walk sad ... walk happy.”***

Use contrasting feelings so the client can notice the difference in their body.

3

For example (***happy-sad, anxious-relaxed, bored-excited***).

4

End the exercise with a calm feeling.