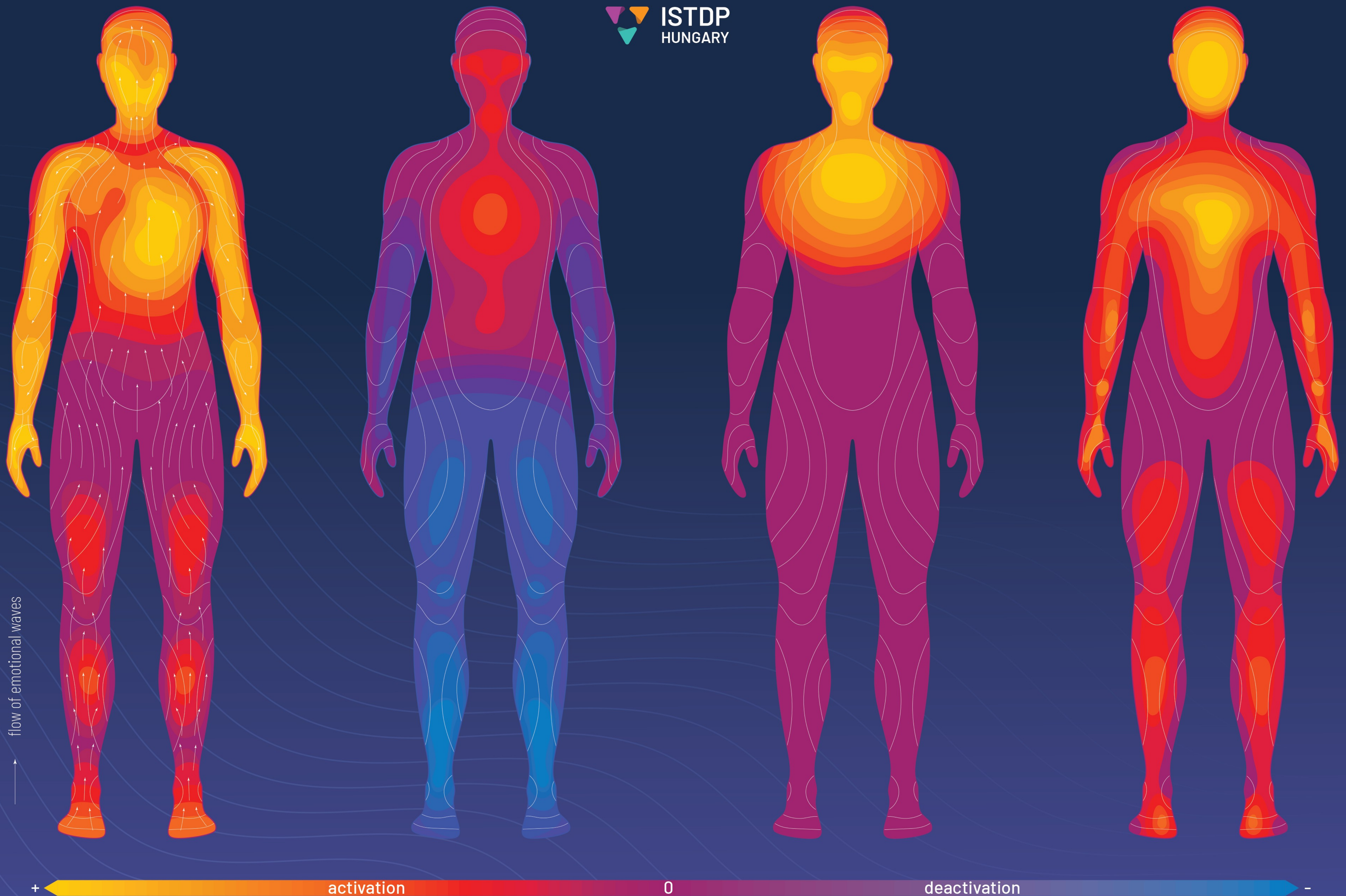


BODILY MAPS OF EMOTIONS

ISTDP
HUNGARY



ANGER

Anger begins in the feet or lower abdomen, rising like heat, energy, or a volcano. It moves upward through the spine, into the neck and head, and spreads down the arms to the hands. This surge of energy creates an urge to grab, strike, or act forcefully.

SADNESS

Sadness emerges as a heaviness in the chest and throat, spreading to the face and eyes. It moves in soft waves, bringing thoughts of loss and an urge to release through tears. When fully felt, it allows space for reflection and healing.

GUILT

Guilt's physical sensations are more varied, usually experienced as a heavy pressure in the chest and neck, often bringing sobbing and waves of remorse. Its intense surges might momentarily silence speech. As waves pass, the urge to make amends emerges.

JOY

Joy fills the chest with light energy, spreading to the face, arms, and legs. Its free flow dissolves anxiety, sparking smiles, movement, and embrace, bringing a sense of liberation and openness, allowing us to fully immerse ourselves in the moment.