

Emotion	Common Bodily Sensations
Joy	Warmth, lightness, increased energy.
Sadness	Heaviness, fatigue, lump in the throat, teary eyes, slow movements.
Anger	Heat, jaw tension, trembling, rapid heartbeat, muscle tightness.
Fear	Coldness, sweating, trembling, rapid breathing, butterflies in the stomach.
Surprise	Increased heart rate, adrenaline rush.
Disgust	Nausea, throat tightness, physical desire to withdraw.
Love	Warmth, relaxation, steady, sometimes quickened heartbeat.
Guilt	Heaviness, nervousness, sinking feeling in the stomach, sweating.
Pride	Warmth, chest expansion, energy, lightness.
Shame	Blushing, feeling of shrinking, heavy chest, knot-like feeling in the stomach.
Relief	Relaxation, deep breathing, loose muscles, lightness, warmth.
Hope	Lightness, increased energy, open chest feeling.
Jealousy	Tension, unease, heat, tightness in the stomach or chest.
Contentment	Relaxation, gentle breathing, warm, peaceful sensation in the chest.
Frustration	Tension in neck and shoulders, rapid breathing, clenched jaw, teeth grinding, restlessness.
Gratitude	Warmth in the chest, relaxation, teariness, lightness.
Anxiety	Tension, sweating, trembling, increased heart rate, shallow breathing, knot in the stomach.
Compassion	Warmth in the chest, calm, relaxed muscles, goosebumps.
Envy	Tension, tightness in the chest, clenched jaw, fidgeting.
Awe	Breathlessness, feeling light, tingling sensation, open chest feeling.