



# Felt Sense Exploration

## *Noticing How I Feel Through My Senses*

Find a quiet space where you can sit comfortably for this exercise.

Go through the list and notice the different senses in your environment.

Pay attention into subtle sensations and see if they evoke emotions, thoughts, or even physical sensations.



Felt Senses	My Descriptions
Tastes	
Air Flow	
Body Tension	
Colors	
Sounds	
Temperature	
Textures	
Speed	
Smells	

Invite yourself to explore the environment around you and your emotions through the felt senses



### How it Helps



Reduces Trauma Related Responses



Increases Self-Awareness



Helps Ground in the Present Moment



Helps improve our communication