

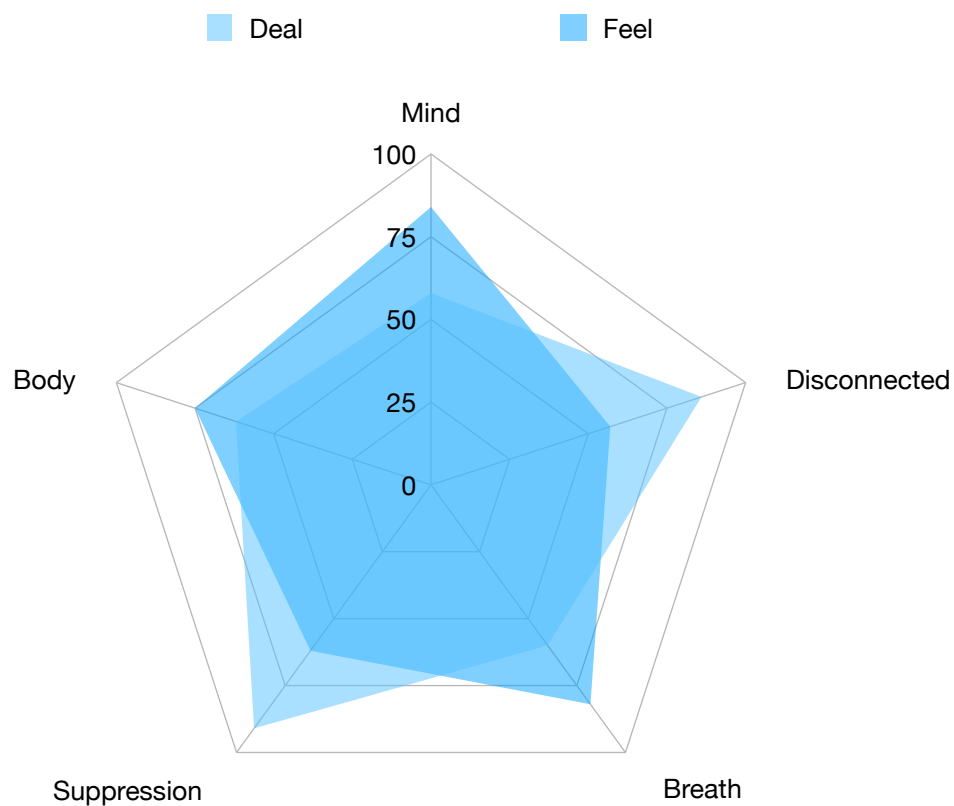
The Deal and Feel Chart,

Created by Dipl. Cert. Med. Couns. S. Caroline Hey, based on the biolinguistic expression hindrance effect. When overwhelmed, we disconnect from our feelings and get stuck in a reactive state. We are unable to verbalize how we feel. This is also known as the sympathetic nervous system, and when stuck in this state for too long, we will drift into the dorsal state - a shutdown response. This chart is designed to help us return to the body while still in our heads, without striving for bodily and mental overwhelm.

Ideally, this chart is printed out and filled in by hand to move through the state and release it from the body while reconnecting with it [the body] at the same time. When no writing is needed, pick a word that resembles your feeling, circle it, and read it aloud.

When choosing “other” in any of the suggestion boxes, name it to shame it. Don’t choose “Other” as an easy way out. The other sensation has to be named as accurately as possible. Verbalizing your feelings and emotions influences your perception. A negative sensation will deflate, while a positive sensation will expand.

In the graph below, you will see how body, mind, and breath interact with disconnection and suppression. All experiences will end up affecting the mind.



Deal	Feel	Notice/ Aware
How am I overall, today?	Tired, exhausted, fatigued, content, positive, agitated, tense, calm, equal, enraged, annoyed, happy, uncomfortable, sad, mopey, indifferent.	Other.
What did I do today?	Small, big, silly, heavy, foreign, familiar, painful, lonely, icky, taxing, torn, conflicted, pressured, warm, spiky, cold, stinging, compressed, contracted, expansive, restricting, blunt, sharp, detached.	Other.
Is my body okay? Can I feel all my parts?	Feet.	Grounded, heavy, can't feel, tingly, light, disconnected, itchy, burning, stinging, stabbing, constricted Other.
	Calves.	Tight, relaxed, heavy, can't feel, tingly, light, disconnected, itchy, burning, stinging, stabbing, constricted Other.
	Knees.	Stiff, sore, can't feel, heavy, light, disconnected, itchy, burning, stinging, stabbing, constricted Other.
	Thighs.	Tight, loose, engaged, relaxed, supported, wide, slim, heavy, can't feel, tingly Other.

	Hips.	Tight, loose, constrained, warm, not mine, can't feel, aroused, pinched, held, like in a vice, creative, expansive Other.
	Anus.	Tight, relaxed, indifferent, supported, clenched, irritated, sore, engaged, can't feel Other.
	Tummy.	Empty, in a knot, heavy, full, sick, gurgling, sore, not mine, can't feel, sour, pinching, stitching, burning Other.
	Lower back.	Stiff, sore, can't feel, burning, stinging, stabbing, constricted, hot, cold, pinched Other.
	Solar Plexus.	Not aware, tight, like a weight sitting on it, expansive, sad, heavy, tight, colorful, creative, seen, heard, neglected, punched, warm, light Other.
	Middle Back.	Stiff, sore, can't feel, burning, stinging, stabbing, constricted, hot, cold, pinched Other.
	Chest.	Cant' breathe, like in a vice, open, free, wide, like a baby elephant sitting on it, sticky, stabbing, dull, indifferent Other.

	<p>Shoulder. (Examine both shoulders individually. The right shoulder tenses due to outer world pressure/expectations. The left shoulder tenses when your inner world/emotions and needs are unmet or in turmoil.)</p>	<p>Tight, loose, engaged, relaxed, supported, wide, slim, heavy, can't feel, tingly, sore, uneven</p> <p>Other.</p>
	<p>Throat.</p>	<p>Tight, sore, scratchy, open, warm, cool, constrained, silenced, strangled, can't swallow</p> <p>Other.</p>
	<p>Neck.</p>	<p>Tight, pinched, painful, sore, heavy, lose, free, warm, cold, itchy, pressured, held, on the brink of cracking</p> <p>Other.</p>
	<p>Jaw.</p>	<p>Tight, loose, engaged, relaxed, supported, wide, slim, heavy, can't feel, tingly, sore, uneven</p> <p>Other.</p>
	<p>Cheeks.</p>	<p>Tight, relaxed, indifferent, supported, clenched, irritated, sore, engaged, can't feel</p> <p>Other.</p>
	<p>Temples.</p>	<p>Tight, relaxed, indifferent</p> <p>Other.</p>
	<p>Forehead.</p>	<p>Tight, loose, constrained, warm, not mine, can't feel, numb, pinched, held, like in a vice, creative, expansive</p> <p>Other.</p>

	Back of head.	Shattered, held, protected, open, heavy, tight, painful, scratchy, itchy, pinching, hair root sore Other.
	Skull.	Shattered, held, protected, open, heavy, tight, painful, scratchy, itchy, pinching, hair root sore, disconnected Other.
	Inside the mouth.	Dry, saliva-filled, sore, burned, bitten tongue, ulcer, toothache, temperature-sensitive, tingly, palty, acidic Other.
How did this affect my day?	Breath rate, communication, focus, clarity, forgetfulness, snappy with people, short fused, forgot to eat, eat too much, craving.	Other.
What does it feel like?	Childish, valid, shameful, hurtful, loving, tender, raw, unknown, scary, dark, heavy, light, colorful, old, yucky, disgusting, fun, unfair, joyful, painful, disconnected, familiar.	Other.
What do I want?	Hide, get a hug, feel seen, feel heard, feel connected, feel loved, feel validated, boxing, running, singing, screaming, dancing, drawing, quiet time.	Other.
What do I need?	Connection Time out Nature Socializing Decompressing	Love Space Grouding Belonging Validation