

Date: \_\_\_\_\_

# The Bio-Emotive Framework

## Assessment of Core Feelings for Social Emotions

Name: \_\_\_\_\_

A)  
Situation being Explored:

Social Feelings (Allow yourself to feel open and vulnerable; that you are in a safe place)

C) Which feels Truer?

B) Core Feeling	0-10*	Sentence that further resonates with the feeling in your body	I am...	I Feel...
Alone				
Inadequate				
Insignificant				
Lost				
Helpless				
Worthless				
Loss/ Emptiness				
Bad (person)				
Hopeless				

D) Further Reflections and notes

\* 0 = no activation, 10 = Crying inside