

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

**The Bio-Emotive Framework**      Name: \_\_\_\_\_

**Assessment of Core Feelings for Social Emotions**

**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	C) Which feels Truer?	
			I am...	I Feel...
Alone				
Inadequate				
Insignificant				
Lost				
Helpless				
Worthless				
Loss/ Emptiness				
Bad (person)				
Hopeless				

**D)****Further Reflections and notes**