Emotional Temperature

Our body’s temperature can give us a broad snapshot of how we’re doing in any given moment.

We may check our child’s temperature to see if they have a fever, the doctor may check our temperature to see if we have an infection or we may check our own temperature to see if we are fertile and more likely to get pregnant at a particular time. In the physical world, temperature is a measure of energy that tells us how hot or cold something is. Taking our Emotional Temperature provides a snapshot of our inner self.

The Emotional Temperature practice is designed to promote awareness by checking in with our personal state of being. By taking a moment to check in with how we are feeling as opposed to what we think, we get in touch with the things that may be going on underneath the surface that we are generally unaware of. While there may be opportunity to eventually take action, the process is one of observation only. It is simply information that supports us in becoming more aware and is best received without judgment or analyzation.

The Process

1. Stop what you are doing. Close your eyes and take a breath. On the exhale, out loud or in your mind say “I feel...” and allow your body/being to complete the statement with a feeling.

2. If you do not “hear” anything, repeat the process.
3. If you are unclear about what the feeling is, refer to the feeling words below and pick the one that resonates with you or is the closest.

4. Notate your response in your daily accountability record

**Helpful Hints**

- Do not analyze the feeling. There is no need to understand why or look for a cause to explain how you are feeling.

- It is helpful to set an alarm on your phone to remind you to stop and check your “temperature”. It does not have to be at the same time every day, but it can be.

- If it is more than one word, it is a thought not a feeling.

**Feeling Words**
EMOTIONAL TEMPERATURE CHART

TERROR
Fearful
Panicked
Overwhelmed
Apprehensive
Afraid
Anxious
Concerned

JOYFUL
Enthusiastic
Satisfied
Excited
Optimistic
Energized
Delighted
Confident

LOVE
Compassionate
Blessed
Affectionate
Non-Judgement
Kind
Caring
Gentle

NEUTRAL
Tender
Devoted
Happy
Appreciative
Honoring
Friendly
Warmhearted

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