

Bio-Emotive Focussing Form (V1.3)

Dr. D. Tataryn

Name: _____

Date: _____

Location on Body: _____

Other Notes: _____

Answer

Free Associates

Big/Small					
Moving/Still					
Active/Passive					
Colour					
T: Wet/ Dry					
T: Hot/Cold					
T: Smooth/Textured					
Solid/ Hollow					
Shape					
S: loud/soft					
Food					
Taste/ Smell					
Animal					
Plant					
Person					
Age when first felt this way? (Guess)					

