

Caper 2

BONUS

What does joy &
want feel like?

Content warning for cartoon body parts &
internal organs

CHAPTER 4: Joyful Exertion

“Help! I can’t tell what I want! I don’t know what ‘joy’ feels like.”

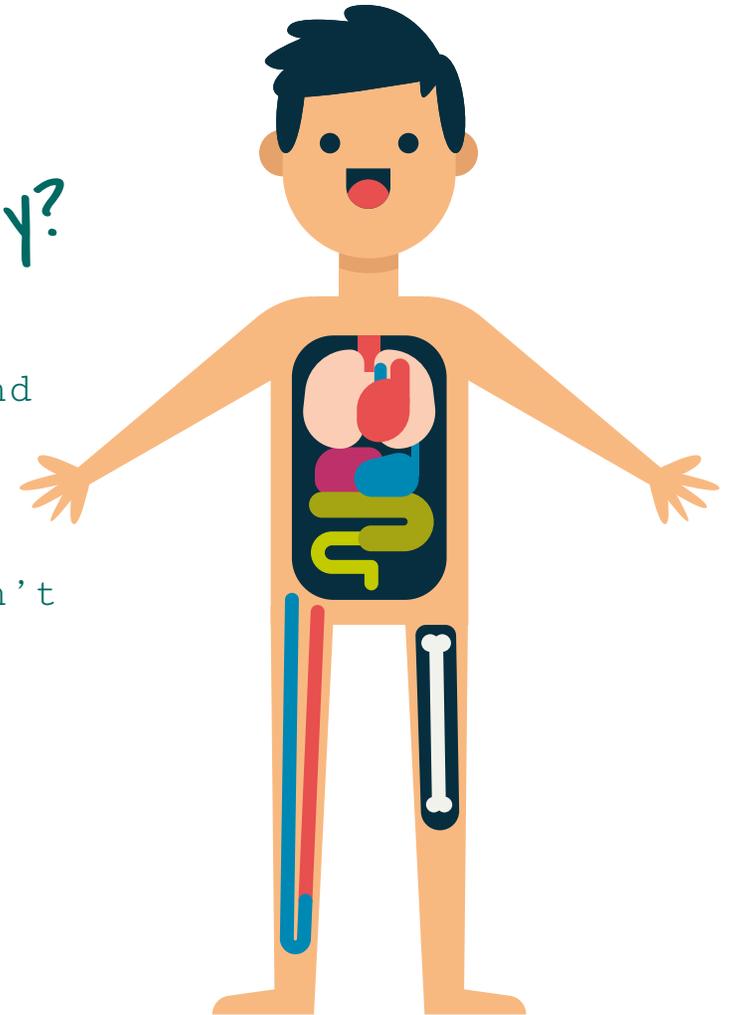
Where in your body do you feel joy?

(I’ve been there.)

If you were trained to ignore pain, joy, and other signifiers of your needs as a kid, start paying attention to your body.

Sometimes our bodies respond even if we don’t acknowledge our emotions.

Pay attention to your guts!



CHAPTER 4: Joyful Exertion

What does joy feel like in your guts?



In your bones!



In your nerves!



In your brains!



In your muscles!



In your
circulation!



In your digestive
system!

REVISIT: How have your responses changed since last summer?

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