

Name _____ Date _____

	Sensations	Emotions	Thoughts
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Unsure:

_____	_____	_____
_____	_____	_____

Look at the words you put in the columns above.

What do all three types of experience (sensations, emotions, and thoughts) have in common?

What makes sensations different from emotions and thoughts?

What makes emotions different from sensations and thoughts?

What makes thoughts different from emotions and sensations?