Emotional experience can be seen as an affective experience (known as psychologization in the clinical literature) or a somatic or bodily-focused experience (known as somatization in the clinical literature). This study sought to determine whether the focus of attention on either one's emotions or one's body would affect participants’ emotional reactivity to a sad film. For this study, we recruited 20 female participants, and collected their emotional self report, physiological responses (skin conductance, heart and respiration rates) and facial behavior. Participants were randomly assigned to either attend to the film itself, their bodies or their emotions. Our preliminary results showed mostly marginal, but consistent patterns. Self-reported sadness, and intensity of facial expression of sadness increased after watching the sad film for participants in both the emotion condition and the body condition. Consistently with typical physiological responses to sadness, skin conductance rate and respiration rate decreased for participants in these two groups as well. Thus far, the data suggests that attending to aspects of the self, whether the emotions or the body, can increase emotional reactivity, as evident from self report, physiological data, and facial behavior. These results have implications for future research in emotions and even clinical assessment.