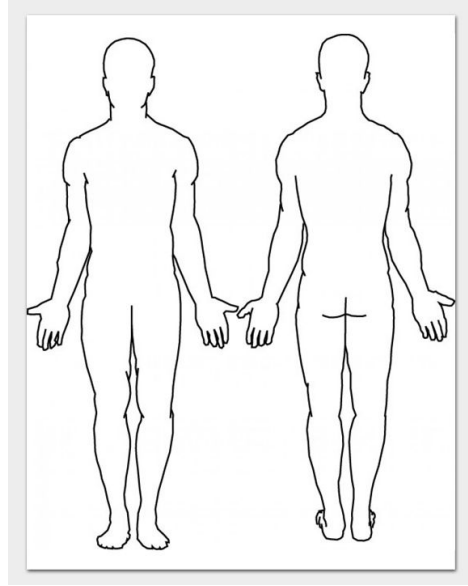


Body Sensations

Often, we can notice sensations in the body before we have emotions and before we begin thinking. Attuning to our body can help describe what is happening, but more importantly we begin to listen to our body's wisdom. You're invited to pay attention to your body and attend to these sensations. Try to be curious about what your body is communicating to you.

1. Where do you notice sensations?



2. What do those sensations feel like?

Vibration	Size/Position	Temperature	Pain	Muscles
Shaking	Small	Cold	Intense	Tight
Twitching	Medium	Hot	Medium	Loose
Trembling	Large	Warm	Mild	Calm
Quick/Slow	Up/Down/Center	Neutral	No Pain	Relaxed

Breathing	Heartbeat	Density	Weight
Rapid	Fast	Rough	Heavy
Deep	Slow	Smooth	Light
Shallow	Rhythmic	Thick	Firm
Light	Flutters	Thin	Gentle

3. What messages do those sensations hold?