

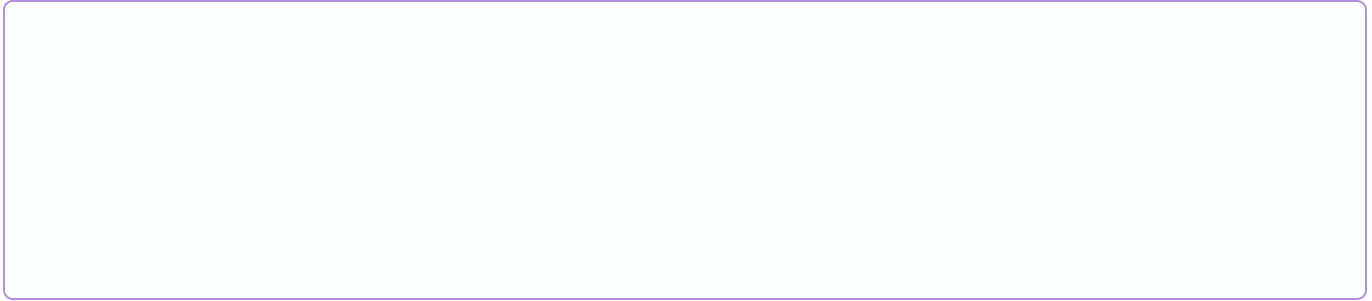
Where the Feeling Lands

Find where a big feeling shows up in your body, so you can catch it earlier next time.

WHEN TO USE THIS

Use this while you can still feel it, or soon after it has passed.

Draw a quick outline of a body. Mark where you feel it most.



What does it feel like there? Tight, hot, heavy, buzzing, empty?

What helps that part of you settle, even a little?

Warmth, cold, pressure, moving, slowing your breathing down.

How much is your body running the show right now?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

All of it

Your body often knows first. It is worth listening to.