

Noticing Your Physical Self

Our bodies and internal physical world hold a wealth of untapped information. This is one of the most important takeaways from this course. It's also often the most uncomfortable for many. Developing the ability to scan our body and internal experience is essential for deepening your resiliency.

1. Finding a quite, safe space.
2. Look around for 30-60 beginning to just be present. Paying attention to details but not getting fixated on any one thing too long
3. Start to pay attention what you notice in your body.

TIP: Think in opposites, help understand and this then helps change things

List of sensations

Warm vs. Cool

Full vs. Empty

Tight vs. Loose

Heavy vs. Light

Dull vs. Sharp

Shaky vs. Still

Dry vs. Moist

Strong vs. Weak

Here's some other options

Achy

Hard

Blocked

Jittery

Bloated

Open

Clammy

Pressure

Congested

Quiet

Cozy

Smooth

Crampy

Throbbing

Energized

Twitchy

Fluid

Wobbly

