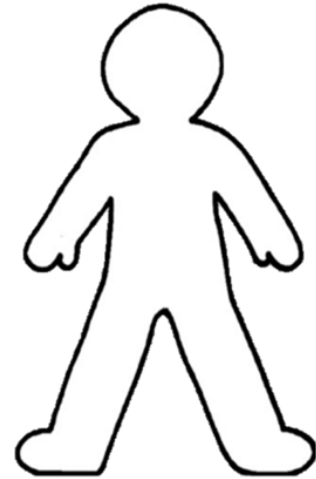


# Noticing My Body:

Sit quietly and pay attention to your body. Which parts are easy or hard to notice?

- Head
- Face
- Eyes
- Mouth
- Shoulders
- Arms
- Hands
- Fingers
- Chest
- Stomach
- Back
- Hips
- Legs
- Feet
- Toes



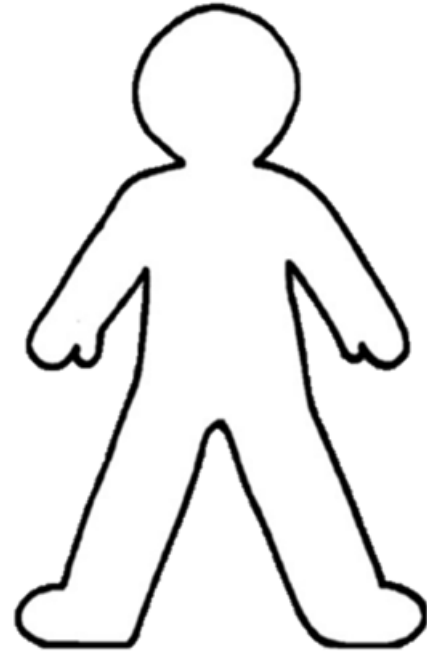
What sensations am I having?

- Heavy
- Light
- Full
- Empty
- Hot or Warm
- Cold
- Tense
- Loose
- Tight
- Relaxed
- Stretched
- Tired
- Trembly or Wobbly
- Tingling
- Throbbing or Pounding
- Nauseous or Queasy
- Congested
- Suffocated
- Bubbly
- Energized
- Breathless
- Fuzzy or Foggy
- Fluttery or Buzzy
- Twitchy or Fidgety
- Shaky
- Shivery
- Prickly
- Achy or Sore
- Dizzy or Spacey
- Burning
- Itchy
- Tender
- Sensitive
- Rough
- Dull
- Frozen
- Stuck
- Numb
- Disconnected
- Dark
- Closed
- Open
- Empty
- Constricted or Blocked
- Contracted
- Expanded
- Spacious or Airy
- Clenched
- Knotted
- Squeezing
- Sweaty
- Smooth
- Flowing
- Floating
- Calm
- Dense
- Thick
- Draining
- Droopy
- Butterflies
- Pulsing

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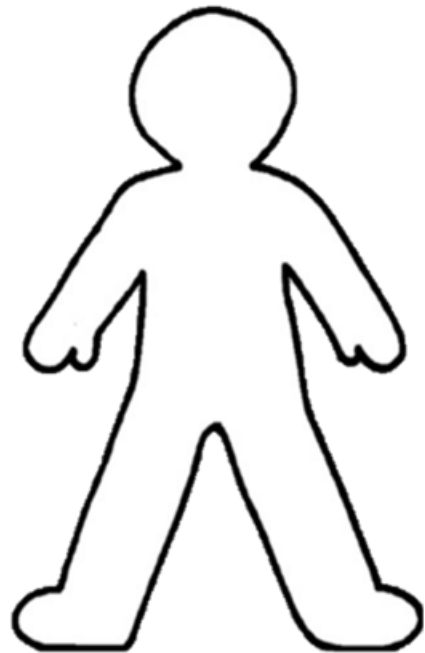
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- Throbbing or Pounding
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- Burning
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- Tender
- Sensitive
- Dull
- Numb
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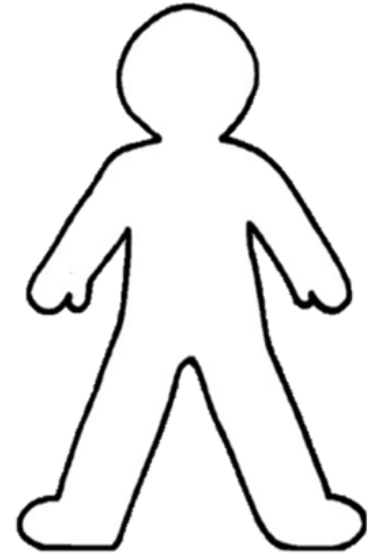
What sensations am I having?

- Heavy
- Light
- Hot or Warm
- Cold
- Tense
- Relaxed
- Wobbly
- Tingling
- Nauseous
- Congested
- Can't breathe
- Bubbly
- Energized
- Shaky
- Shivery
- Prickly
- Achy or Sore
- Tired
- Dizzy
- Burning
- Itchy
- Tender
- Sensitive
- Numb
- Stuck
- Disconnected
- Clenched
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- Butterflies


















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- Hands
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- Chest
- Stomach
- Back
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- Legs
- Feet
- Toes



What sensations am I having?

Heavy Hard to move 	Light or Fluffy 	Shaky 
Hot or Warm 	Cold 	Sweaty 
Tense or Tight 	Loose or Floppy 	Itchy 
Tingly 	Prickly 	Tickly 
Achy or Sore 	Fluttery 	Numb Can't feel 
Full or Overflowing 	Dizzy or Spinning 	Squirmy or Fidgety 