



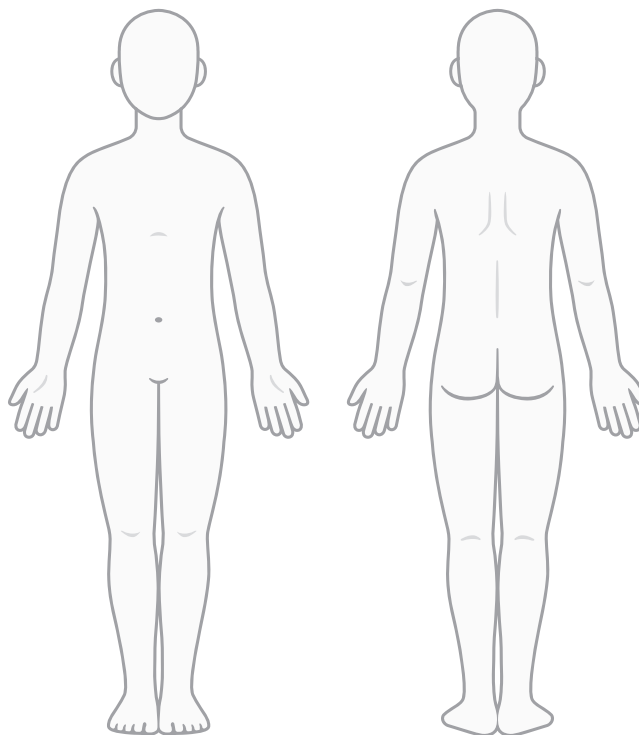
EXERCISE

DO YOU HAVE UNRESOLVED TRAUMA?

Are you wondering if this work is for you? How do you know if you carry symptoms of trauma? Before we begin this work together, here's an opportunity to explore your own thoughts, feelings, and physical symptoms.

Let's start with a body scan. Beginning at the crown of your head, draw your awareness down the entire length of your body, noticing all sensations that get your attention. Where do you feel life force flowing? A sense of aliveness or vitality? Where you do feel the opposite—areas of your body that feel empty, hollow, numb, disappeared, or disconnected? Can you tell where the energy is moving as well as areas that feel constricted? Do some areas feel cool or warm, contracted, tight, or open?

Whatever you feel or don't feel is fine. Let's mark it on the body map below.



Thank you for creating this body map. A physical image of what your body's feeling will be useful as we move forward in this workbook.

Don't worry if you're having trouble naming your physical sensations, or even if you can't feel anything at all. Just naming those areas as blocked, numb, disappeared, or disconnected is half the battle. *These* are feelings! And important feelings—ones you can work with. Having said that, I always advise working with a skilled, somatically oriented therapist if feelings come up that are overwhelming.

Some Physical Sensations Commonly Associated with Trauma Responses



- Fight responses: feeling tight, rigid, clenched, pain, an urge to attack or push something or someone away
- Flight responses: contracting, pulling or backing away, recoiling, panicking—a physical feeling of needing to flee or “get away” to create some distance between you and what feels threatening
- Freeze responses: a slowed heart rate; an inability to move or act; a feeling of being blocked, shut down, frozen, numb, hollow, empty, disappeared inside, disconnected, dissociated; going “offline”; going still or silent; flooding, sinking, or spinning inward
- Other responses that can be connected to any of the three: queasiness or nausea; shallow or rapid breathing; increased heart rate; feeling hot or flushed; sweating; trembling; feeling anxious, shaky, or jittery