

Somatic Sensations Map

Temperature and Airflow

Areas of warmth
Areas of coolness
Shallow breathing
Deep breathing
Restricted breathing
Smooth breathing

Muscle Tone and Tension

Areas of tightness
Areas of gripping
Areas of muscle contraction
Relaxed muscles
Muscle tingling

Pressure and Contact

Areas of grounding
Areas of weightiness
Areas of lightness

Gut and Chest

Chest heartbeat
Throat heartbeat
Fingertips heartbeat
Fast heartbeat
Slow heartbeat
Steady heartbeat
Fluttering heartbeat
Stomach gurgling
Stomach fluttering
Solar plexus tightness
Chest expansion
Chest contraction
Stomach expansion
Stomach contraction

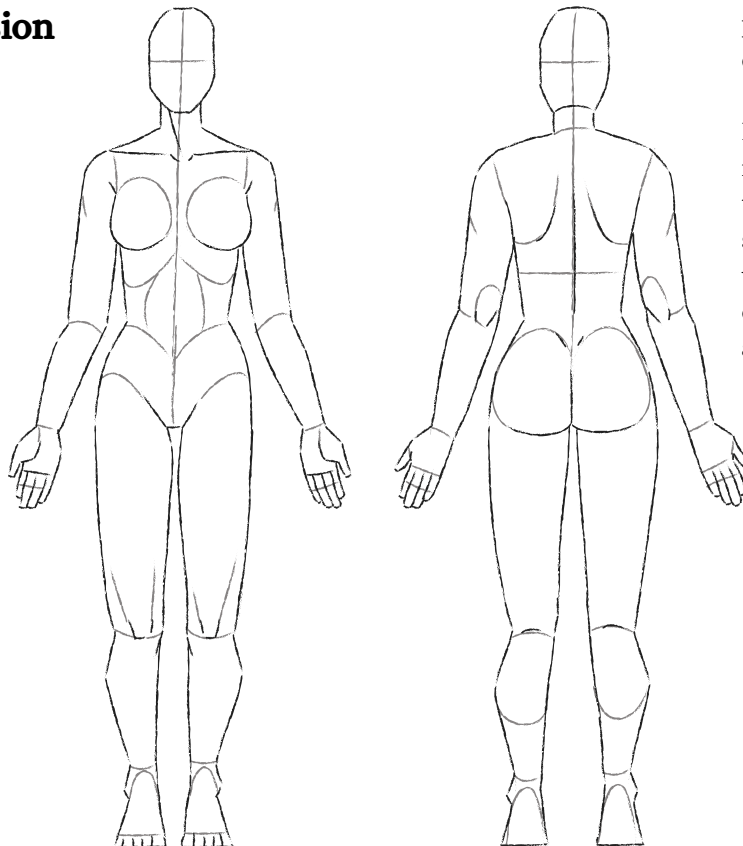
Pain

Painful areas
Comfortable areas
Tired areas

Tips for Tuning In

Use Neutral Language:
Instead of labeling a sensation as "bad" (e.g., "my chest is tight because I'm anxious"), try to describe the raw physical data (e.g., "there is a constriction and pressure in the center of my chest").

Notice Shifts: Somatic work is often about change over time. Notice if a sensation shifts, softens, grows warmer, or moves to a different part of your body as you breathe into it.



Notes

Reflection

Somatic Sensations Map

Temperature and Airflow

Areas of warmth
Areas of coolness
Shallow breathing
Deep breathing
Restricted breathing
Smooth breathing

Muscle Tone and Tension

Areas of tightness
Areas of gripping
Areas of muscle contraction
Relaxed muscles
Muscle tingling

Pressure and Contact

Areas of grounding
Areas of weightiness
Areas of lightness

Gut and Chest

Chest heartbeat
Throat heartbeat
Fingertips heartbeat
Fast heartbeat
Slow heartbeat
Steady heartbeat
Fluttering heartbeat
Stomach gurgling
Stomach fluttering
Solar plexus tightness
Chest expansion
Chest contraction
Stomach expansion
Stomach contraction

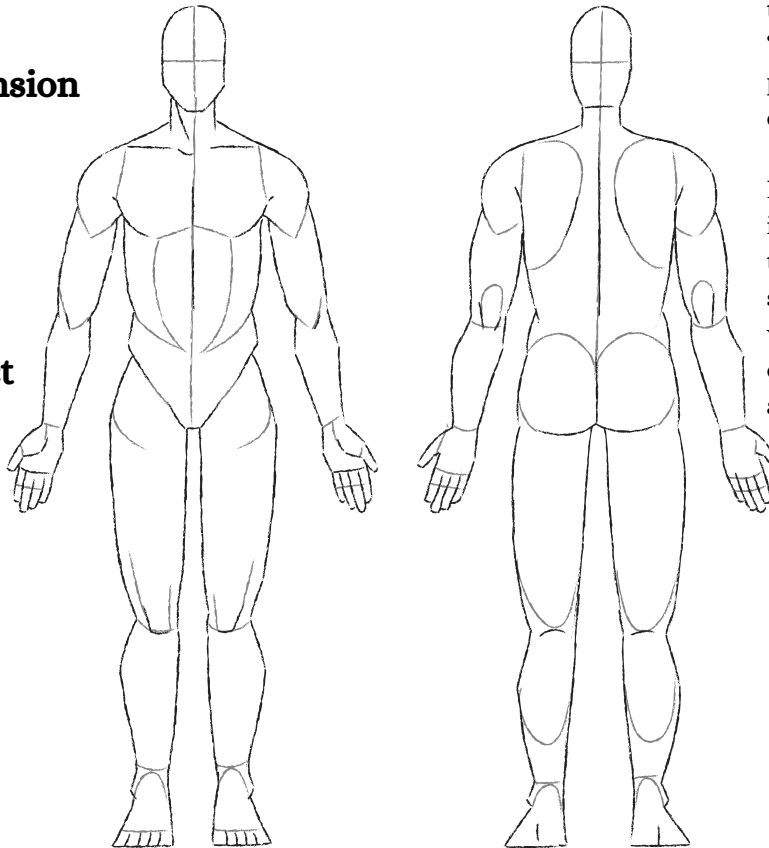
Pain

Painful areas
Comfortable areas
Tired areas

Tips for Tuning In

Use Neutral Language:
Instead of labeling a sensation as "bad" (e.g., "my chest is tight because I'm anxious"), try to describe the raw physical data (e.g., "there is a constriction and pressure in the center of my chest").

Notice Shifts: Somatic work is often about change over time. Notice if a sensation shifts, softens, grows warmer, or moves to a different part of your body as you breathe into it.



Notes

Reflection
