Activity – Body Scan for Boundary Clues

🧘 **Objective:**

Use body awareness to detect discomfort or misalignment, helping you recognize when boundaries are crossed.

Instructions:

1. **Prepare for the Scan:**
   - Sit quietly in a comfortable space.
   - Close your eyes and take a deep breath.
2. **Recall a Moment:**
   - Think of a recent time you said “yes” but didn’t want to.
3. **Observe Your Body:**
   - Pay attention to physical sensations:
     - Does your chest feel tight?
     - Is your stomach knotted?
     - Are your shoulders tense or jaw clenched?
   - Write down the sensations you notice.
4. **Reflect on the Experience:**
   - What does your body’s reaction tell you about that moment?
   - How might this awareness help you set clearer boundaries next time?

Example Entry:

Memory: Agreed to work overtime despite having personal plans.

- **Physical Sensations:** Heavy chest, shallow breathing, tension in my neck.
- **Reflection:** I felt obligated but not excited. I will pay attention to this feeling as a sign to reconsider next time.

Memory (Situation)	Physical Sensations	Emotions Linked to Sensations	Reflection (What Did You Learn?)

Reflection Questions:

- **Which part of your body consistently reacts during uncomfortable situations?**
- **Did any surprising emotions or memories surface during the scan?**
- **How can you use this awareness to pause and reflect before responding next time?**

🎯 Goal:

By tuning into your body’s signals, you’ll gain valuable insights into moments of misalignment, helping you strengthen your ability to recognize and honor personal boundaries.