Dialoguing With Your Body: A Self-Guided Worksheet Worksheet

Your body holds wisdom. When you experience tension or discomfort, it's often your body's way of communicating something important. This exercise will help you build a deeper connection with your body by listening to its messages and responding with care.

Step 1: Tune Into Your Body

Ask yourself: *What does it feel like to be in my body right now?*

- Can I feel all parts of my body, or are some areas numb

_____
_____

- Are there sensations I don't want to feel?

_____
_____

- Where do I notice tension, discomfort, or ease?

_____
_____

Describe your current body sensations below:_____
_____
_____
_____
_____
_____

Step 2: Identify the Area of Discomfort

Take a moment to scan your body. Where do you feel tension, discomfort, or unease? Circle or describe the area below:

Body Part:

- ☐ head
- ☐ neck
- ☐ stomach
- ☐ shoulders
- ☐ feet
- ☐ leg
- ☐ arms
- ☐ hands
- ☐ knees

other _____

Sensation (tightness, ache, numbness, tingling, etc.): _____

Possible Triggers (stress, posture, emotions, activity, etc.): _____

Step 3: Give Your Body a Voice

Imagine this part of your body could speak. What would it say? Let the words flow without judgment.

Example: "I feel heavy and tired. I need rest."

Write your body's message below:

_____

_____

_____

_____

Follow this sequence to engage in a dialogue with your body through questioning and movement:

Step 4: Ask Your Body What It Needs

Now, gently ask: *"What do you need?"* Listen for an answer—this may come as a thought, an image, a movement, or an impulse to adjust your posture.

Examples: "I need a deep breath." "I need to stretch." "I need warmth."

Response from Your Body:

_____

_____

Step 5: Respond with Gentle Movement or Adjustments

Honor your body's request by making small, intentional movements.

- Stretch the area gently.
- Change your posture.
- Place a hand over the area for warmth and comfort.
- Take a deep breath and direct your awareness there.
- Engage in self-massage or gentle tapping.
- Rest if needed.

Describe the movement or adjustment you tried:

_____

_____

How does your body feel after responding?

_____

_____

Step 6: Reflect on the Experience & Closing Thoughts

Take a moment to reflect on what this exercise revealed about your body's needs.

1. What surprised you about your body's response?

_____

_____

2. How did it feel to engage in this dialogue?

_____

_____

3. What is one small way you can check in with your body more often?

_____

_____

Closing Thought:

Your body is always speaking to you—it just takes practice to listen. By incorporating this exercise into your routine, you can develop a stronger connection with your body, reduce stress, and improve overall well-being.

Commitment:

Set an intention to check in with your body at least once a day.

How will you remind yourself? (e.g., set a phone reminder, tie it to a daily habit, journal about it.)

_____

_____