

# RECONNECTING WITH YOUR BODY SAFELY

Our bodies hold valuable information, yet there are times when we may feel disconnected from them. This worksheet is designed to guide you through exercises that foster a safe and intentional reconnection with your body. It can be particularly helpful if you've experienced dissociation or a sense of detachment.

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## 1. GROUNDING TECHNIQUES:

- ▶ Begin by finding a comfortable and quiet space. Take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Feel the support of the ground beneath you.
- ▶ Explore different grounding techniques, such as feeling the texture of an object, noticing the temperature of the room, or gently tapping your fingers on a surface. Choose one that resonates with you.

## 2. BODY SCAN MEDITATION:

- ▶ Close your eyes and bring your attention to different parts of your body, starting from your toes and moving up to the top of your head. Notice any sensations, tension, or areas of comfort.
- ▶ Practice deepening your breath as you focus on each body part. Allow your breath to bring a sense of relaxation and presence to each area.



### 3. NAMING BODY SENSATIONS:

- ▶ Use the provided list of words to help you identify and name sensations in your body. Circle or mark the words that resonate with your current experience.
- ▶ If none of the words fit, feel free to add your own descriptors. The goal is to articulate what you're feeling in a way that feels authentic to you.

#### *LIST OF POSSIBLE WORDS:*

Light	Warm	Vibrant
Tense	Cold	Calm
Tight	Numb	Restless
Open	Heavy	Still
Flowing	Tingling	Achy

### 4. GENTLE MOVEMENT:

- ▶ Explore gentle movements, such as stretching or swaying, to further connect with your body. Pay attention to how your body responds to each movement.
- ▶ Gradually increase the intensity or pace of the movements based on your comfort level. The key is to listen to your body and adjust accordingly.

### 5. JOURNALING REFLECTION:

- ▶ Take a few moments to journal your experience. What sensations did you notice? Were there any surprises? How did your body respond to the connection exercises?
- ▶ Consider setting an intention for incorporating regular body connection practices into your routine.

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Reconnecting with your body is a gradual and personalized journey. The exercises provided are tools to help you establish a safe and nurturing connection. Feel free to revisit these practices whenever you need to ground yourself in the present moment.

