

Mapping the Embodied States of Your Nervous System

Some descriptive words to consider for the body:

Tense, tight, open, free, stuck, tired, clear, ready, caved-in, shut-down, awake, achy, hungry, blocked, free, moving, painful, full, heavy, light. Etc.

Some descriptive words to consider for the mind:

Racy, dark, planning, dull, heavy, light, quick, still, steady, unsteady, swirling, open. Etc.

In the morning:

My Body feels _____

My Mind feels _____

The Emotion I most notice is? _____

The Food I most long for is? _____

What may my body really need? _____

In the afternoon:

My Body feels _____

My Mind feels _____

The Emotion I most notice is? _____

The Food I most long for is? _____

What may my body really need? _____

In the evening:

My Body feels _____

My Mind feels _____

The Emotion I most notice is? _____

The Food I most long for is? _____

What may my body really need? _____