**Somatic Journal Template**

In our meetings you will have the opportunity to check in with yourself and body. Use this journal to track what you notice and share as you feel comfortable.

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| Embodiment is the practice of attending to the information your body is sharing with you. Awareness of your body serves as a guiding compass to understand what sensations represent what emotions and what those emotions tell you about the situation at hand so you can assess the best way to respond. | |
| **What am I feeling? How is my body experiencing it?**  **V**- vibes & vibrations. This is about how you read the space and resonance if any.  **I**- Images  **M**- meaning making. What thoughts are you noticing and stories about why you feel or reacted, etc.  **B**- Behaviors and urges. What do you notice that you want to do in this moment.  **A**- Affect. What feelings and emotions are coming up for you?  **S**- Sensations. What sensations are present for you? |  |
| **Where am I feeling it?**  Heart, chest, neck, shoulders, soles of feet, hands, stomach, etc. |  |