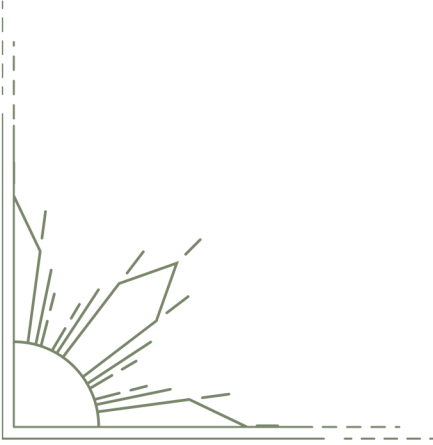
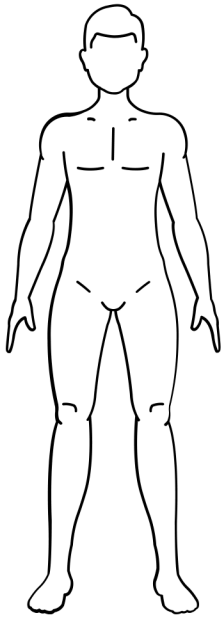




SOMATIC
Self Care



By Mackenzie Stevenson



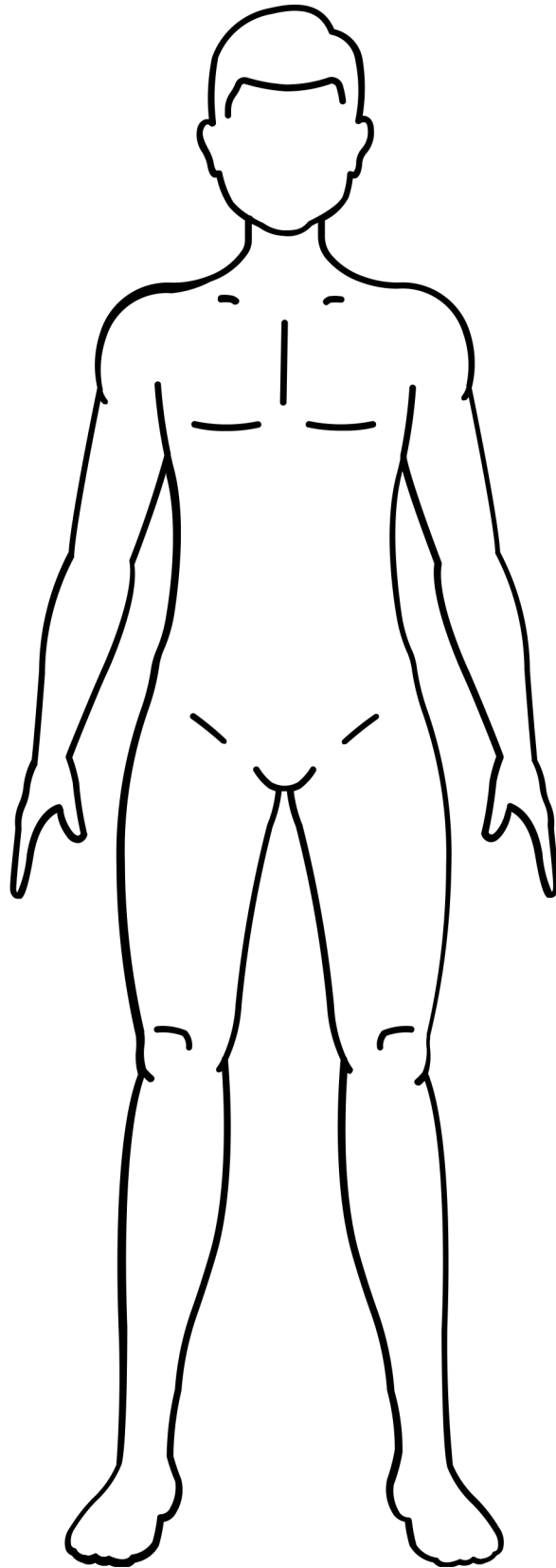
BODY *Notes*

On the next page, you will be using the outline of a person to get in touch with the experiences that you had during our session.

circle where you felt changes/reactions during your session, and write out what was felt in each of those body parts.

BODY

Notes



SENSATION *Tracker*

During your session...

What colors came up for you?

What temperatures or textures did you experience?

Were there any messages that came up?

BODY

scan

What did you notice about your internal state before your session started?

A. I FELT DISCONNECTED FROM MY BODY BEFORE THE SESSION

B. I FELT CONNECTED AND/OR EXCITED AT THE BEGINNING

C. I FELT DISCOMFORT AND/OR PAIN PRIOR TO THE SESSION

D. OTHER

If you chose **other** for the last question, elaborate below

Circle all of the words that describe the sensations that you experienced during your session:

WARMTH

VIBRATIONS

OTHER:

TINGLING

NUMBNESS

PULSING

LIGHT-HEADEDNESS

RELAXATION

CLARITY

EXPANSION

GROUNDEDNESS

CONTRACTION

FLOWING

RELEASE

ELECTRICITY

LIGHTNESS

COOLING

HEAVINESS

SINKING

TENSION

ELONGATION

PRESSURE

SHRINKING

OPENNESS

FOGGINESS

SELF-CARE

Journal

DATE: / /

● ● ● ● ● ● ●
S M T W T F S

ANYTHING ELSE THAT I WANT TO ACKNOWLEDGE ABOUT MY EXPERIENCE

1. _____
2. _____
3. _____

WATER INTAKE



MOOD



NOTES/REMINDER:

TODAY'S AFFIRMATION

WHEN WILL I BE READY TO DO MY NEXT SOMATIC HEALING THERAPY SESSION?
