

# Body Sensation Script

## Step 1: Grounding Exercise

*Instructions:* Take a few deep breaths. Allow yourself to become aware of your surroundings, the support beneath you, and the rhythm of your breath. This is your time to focus on your body's sensations.

## Step 2: Identifying the Sensation

*Instructions:* Focus on a specific sensation in your body. It could be any sensation, comfortable or uncomfortable.

*Questions to consider:*

- Where is the sensation located?
- How would you describe the sensation (e.g., tingling, numbness, heat, pressure)?
- On a scale of 1-10, how intense is the sensation?

## Step 3: Recognizing Your Response

*Instructions:* Reflect on your automatic thoughts, emotions, or behaviors that arise in response to this sensation.

*Questions to consider:*

- What thoughts come to mind when you experience this sensation?
- What emotions arise in response to this sensation?
- Do you notice any automatic behaviors or impulses when you experience this sensation?

## Step 4: Mindfulness Practice

*Instructions:* Without trying to change, judge, or react to the sensation, stay present with it. Observe it as if you are a curious scientist, without judgment or expectation.

*Reflection prompts:*

- Observe any changes in the sensation. Does it intensify, lessen, or stay the same?
- Notice if the sensation moves, transforms, or remains static.
- Pay attention to any shifts in your emotional response to the sensation.

## Step 5: Cognitive Reframing

*Instructions:* Use cognitive-behavioral strategies to reframe your thoughts and emotions associated with the sensation.

*Reflection prompts:*

- Can you think of a more helpful or adaptive response to the sensation?
- Can you imagine responding differently to this sensation in the future?
- Can you develop an affirmation or mantra to support your new response?

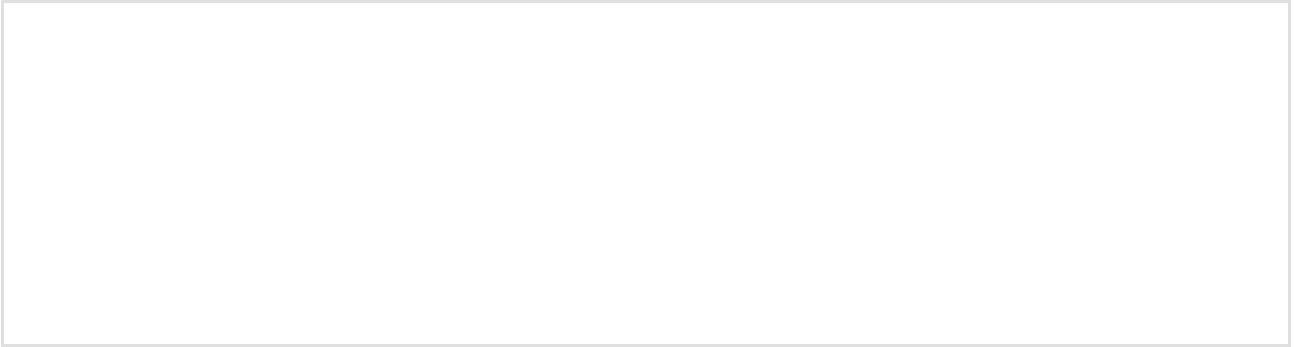
## Step 6: Application

*Instructions:* Plan how you can apply these new responses in your daily life when you experience this sensation.

*Planning prompts:*

- In what situations are you likely to experience this sensation?

- How will you remember to use your new responses in these situations?
- What obstacles might prevent you from responding in this new way, and how can you address them?

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the questions above.

This Body Sensation Script is a tool to foster greater body awareness and cultivate healthier responses to your bodily sensations. Regular practice can enhance your understanding and management of these sensations.