

The following is a **Exercise in Somatic Experiencing** as a skills practice for identifying physical sensations and their relationship to our psychological states.

Being practiced at this builds pendulation skills for self worth in addition to being helpful in observing the physiology of trauma in yourself and others.

Write down your thoughts, emotions, deeds, and speech that you can recall coming up at the time of one of these or a related event, and what if any was “relieved” as you recalled the situation or event. Please do not choose something highly triggering.

Minor auto accidents

Invasive medical procedures

Falls or so-called minor injuries

Illness, especially if there was a high fever experienced or accidental poisoning

Being left alone, especially in young children and babies

Prolonged immobilization, such as in casting, splinting, for long periods used in correcting such conditions as scoliosis or turned-in feet

Exposure to extreme heat or cold, especially in children and babies

Birth stress, for both mother and infant

Have you ever experienced any of the following?

Immobility

Numbness

Notice the physical sensations arising. If any are unpleasant, utilize the pendulation exercise to move to more constructive emotions and their physiological “blueprint” or signature that you practiced in the pendulation exercise.

Now write your list – Reflect on which of these you put to use while experiencing
orturbulent times:

EXTERNAL RESOURCES

INTERNAL RESOURCES
