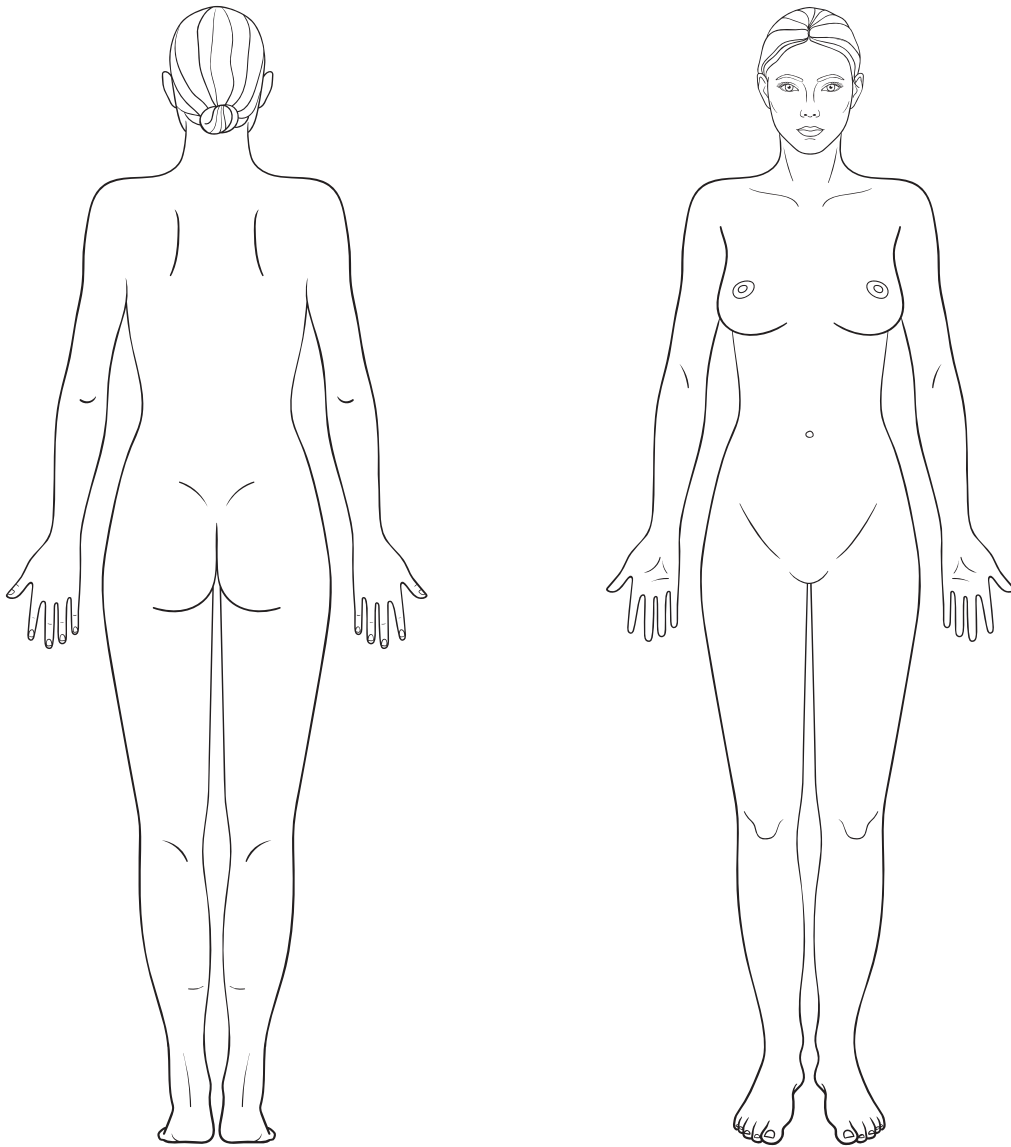


SOMATIC WHOLE-PERSON JOURNAL EXERCISE

PLEASE CIRCLE ALL OF THE AREAS BELOW THAT YOU EXPERIENCE PAIN OR OTHER SYMPTOMS IN YOUR BODY & RATE 1-10 OF THE LEVEL OF INTENSITY YOU FEEL THIS NEXT TO THE CIRCLE (10 BEING THE MOST INTENSE)

I AM A HUMAN BEING THAT IN MY BODY FEELS...



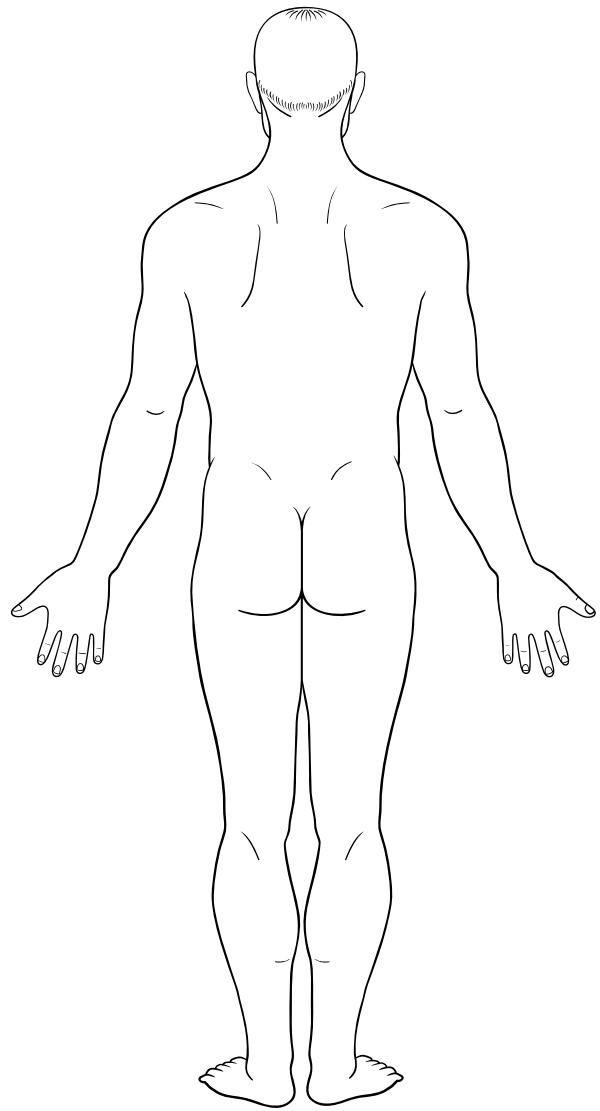
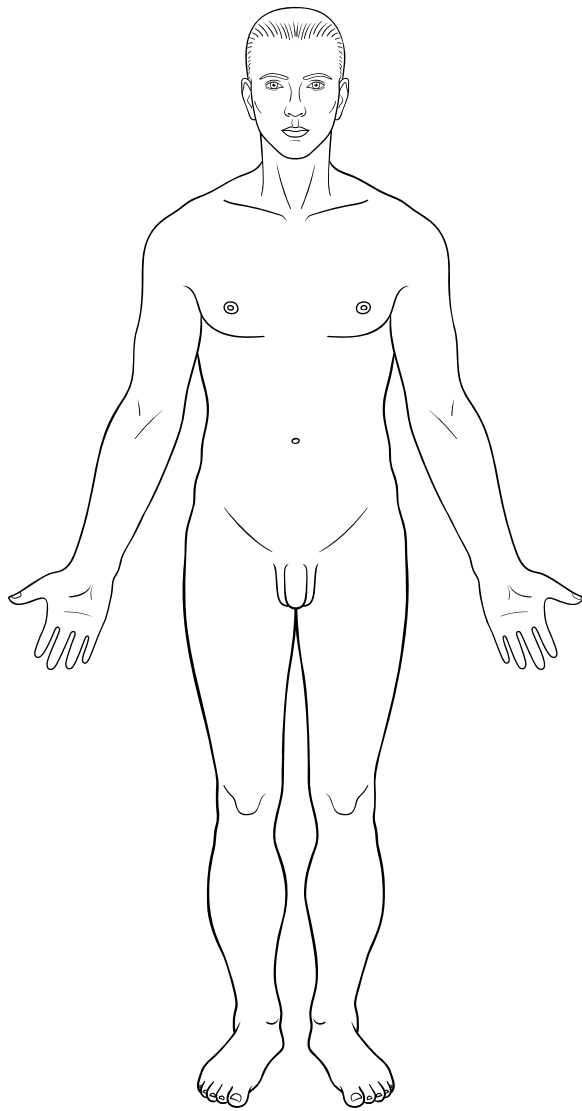
ADDITIONAL
SYMPTOMS IN MY
BODY



SOMATIC WHOLE-PERSON JOURNAL EXERCISE

PLEASE CIRCLE ALL OF THE AREAS BELOW THAT YOU EXPERIENCE PAIN OR OTHER SYMPTOMS IN YOUR BODY & RATE 1-10 OF THE LEVEL OF INTENSITY YOU FEEL THIS NEXT TO THE CIRCLE (10 BEING THE MOST INTENSE)

I AM A HUMAN BEING THAT IN MY BODY FEELS...



ADDITIONAL
SYMPTOMS IN MY
BODY



SOMATIC WHOLE-PERSON JOURNAL EXERCISE

WRITE ABOUT HOW YOU FELT TODAY USING THE PROMPTS BELOW TO
FOCUS ON YOUR MIND, HEART AND SPIRIT

I AM A HUMAN BEING THAT IN MY HEART/EMOTIONS FELT...

I AM A HUMAN BEING THAT IN MY MIND/PHYSICAL FELT...

I AM A HUMAN BEING THAT IN MY SPIRIT/SPIRITUAL FELT...

