

Somatic Balance Quiz

HOW SOMATICALLY INCLINED ARE YOU?

with Katie Cooley

Below are emotions, and emotional states in the left column. Reflecting on how your body feels when you are in these states, match them with the bodily sensations in the right hand column.

EMOTION

1

ANXIOUS
WORRIED
SAD

2

ANGRY
FEARFUL
RAGE

3

JOY
CLEAR
ENERGIZED
CALM

SENSATION

Muscle spasms, unconscious movements, body feels agitated, movement is limited there is conflict and stress outside your body, and this is how it feels inside your body.

Lack of energy. Tension and soreness maybe even cramping. Decreased ability to focus. Feeling like you need to sleep, or hide.

Relaxed, calm, alert and awake feeling overall. No particular sensations stand out anywhere in your body. Movement is ease full.

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4

**NERVOUS
RUSHED
STRESSED**

Fatigued. Very low energy. Sore. No energy, lack of motivation. Specific areas may be flared up. Highly unmotivated.

5

**FLAT
AMBIVILANT
LOW ENERGY
DEPRESSED**

Trouble areas are stiff and sore, your mind is hyper focused on a problem, worried, excessive sensation may be apparent in one or more particular body part including smell, hearing, sound etc

Note: There is no right answer. Instead, this exercise was created to explore the context in which we may be experiencing our body and the ways that movement, sensation, and emotions interact. Take some time to journal about how this exercise resonated for you.

LOOKING FOR ADDITIONAL SUPPORT?

**Book a private coaching session with me at:
katie@katiecooleywellness.com**

REFERENCES

Damasio, A. (1999). *The Feeling of What Happens: Body and Emotion in the Making of Consciousness*. Harcourt Brace.
Hanna, T. (1988). *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health*. Da Capo Press.