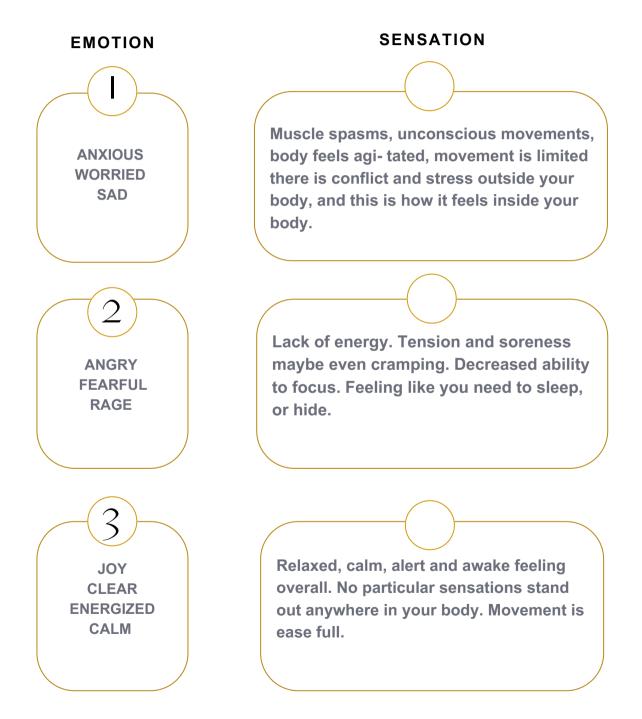
Somatic Balance Quiz

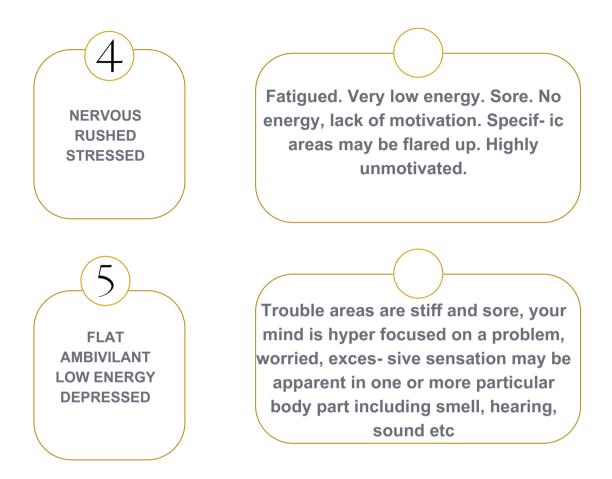
HOW SOMATICALLY INCLINED ARE YOU?

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.



Somatic Balance Quiz



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.

SOMATIC BALANCE QUIZ