



ARMOR PATTERN

Somatic Prompt Sheet - Your companion to the Somatic Reset Audio

When the urge arrives, pause and ask:

Where in my body do I feel the need to protect myself right now?

- ☐ Throat
- ☐ Chest
- ☐ Stomach
- ☐ Somewhere else: _____

What does this protection feel like?

- ☐ Bracing
- ☐ Tightening
- ☐ Pulling inward
- ☐ Heaviness
- ☐ Something else: _____

What feels unsafe about being seen right now?

What would feeling safe enough to be seen actually feel like in my body?

After using the audio — what softened, even just a little?

You are safe to be seen here. Starting with yourself.