



CONTROL 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 control right now?

- ☐ Chest
- ☐ Stomach
- ☐ Jaw
- ☐ Shoulders
- ☐ Somewhere else: _____

What does this need feel like?

- ☐ Gripping
- ☐ Bracing
- ☐ Tight
- ☐ Restless
- ☐ Something else: _____

What feels uncertain or unpredictable right now?

What would it feel like to trust — just for this moment — that things can be okay without being managed perfectly?

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

You are safe enough to rest from managing. Just for this breath.