



DEPLETION 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 emptiness right now?

- ☐ Chest
- ☐ Stomach
- ☐ Whole body
- ☐ Somewhere else: _____

What does this emptiness feel like?

- ☐ Hollow
- ☐ Aching
- ☐ Tired
- ☐ Longing
- ☐ Something else: _____

What have I been giving today — and what have I received?

Given: _____

Received: _____

What does this part of me actually need right now — beyond food?

- ☐ Rest
- ☐ Connection
- ☐ To be heard
- ☐ Stillness
- ☐ Something else: _____

After using the audio — what felt even slightly more full?

You are allowed to receive. Starting right now.