



# NUMBING 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 this right now?

- ☐ Throat
- ☐ Chest
- ☐ Stomach
- ☐ Somewhere else: \_\_\_\_\_

## What would I call this sensation?

- ☐ Tight
- ☐ Heavy
- ☐ Hollow
- ☐ Buzzing
- ☐ Something else: \_\_\_\_\_

## If this sensation had a message, what might it be trying to tell me?

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

- ☐ Quiet
- ☐ Rest
- ☐ Connection
- ☐ To be heard
- ☐ Something else: \_\_\_\_\_

## After using the audio — what shifted, even slightly?

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Place your hand on your chest. Take one breath. You are safe to feel this.