

Body awareness

Choosing How to Notice Your Body

Adults and teens 13+ | 10 to 15 minutes

Body awareness can be helpful for some people and uncomfortable, unclear, or inaccessible for others. You do not have to complete a body scan or interpret every sensation. This page helps you decide how much attention, if any, feels useful today.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose the level of attention

You might notice clothing contact, a need to change position, or a practical cue such as thirst. You may instead look at the room or describe a task. Keep your eyes open if preferred.

Separate observation from explanation

A sensation is information, not proof of an emotion or diagnosis. Record it simply and include relevant health or access needs. New, severe, or concerning symptoms need appropriate medical attention.

1. Would internal attention, external attention, or no awareness exercise fit today?**2. What neutral observation can you make without searching for a hidden meaning?****3. What adjustment, such as a different position or less stimulation, might help?****4. What would tell you to pause, stop, or ask for medical or clinical guidance?****Clinical use and adaptation**

Offer external alternatives for trauma, dissociation, panic, pain, and interoceptive differences. Do not infer consent from compliance or attribute physical symptoms to stress without assessment. Avoid mandatory touch or eyes-closed practice.