



Create Your Own Healing Map



Let's start here.

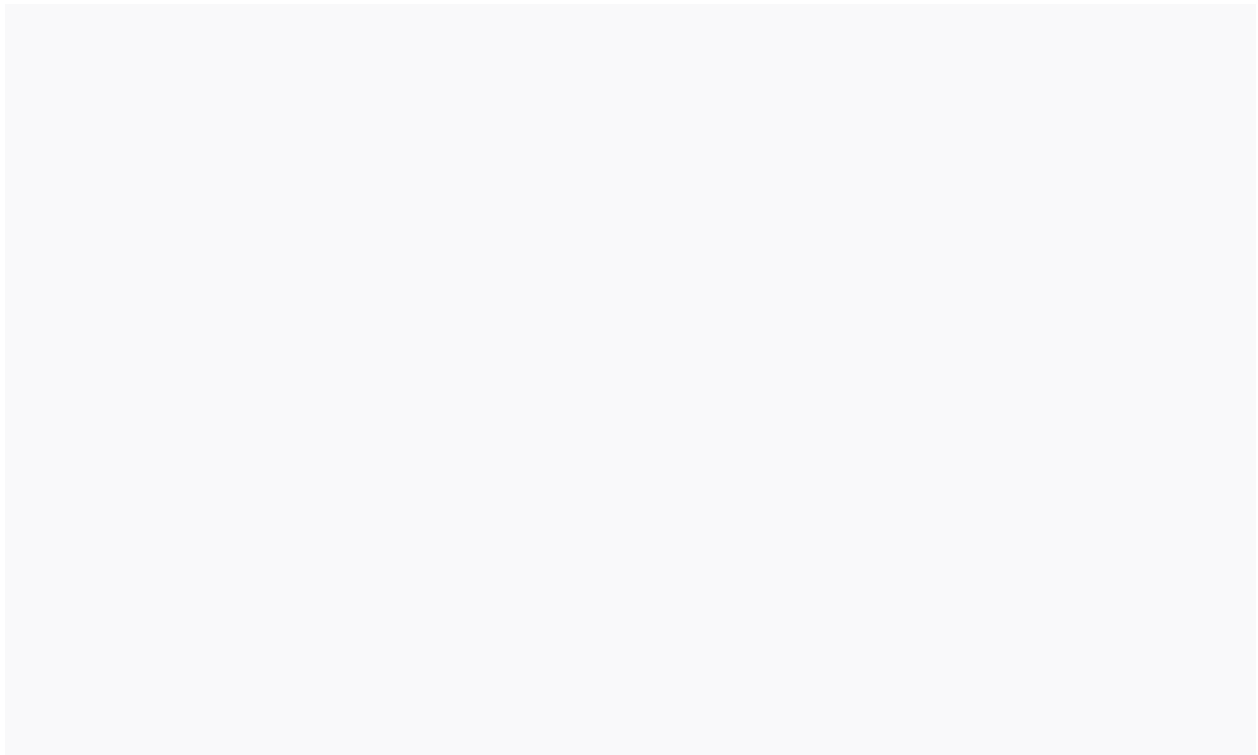
What does self-kindness mean to you?

At the end of the day, reflect on any kindness that you felt toward yourself.

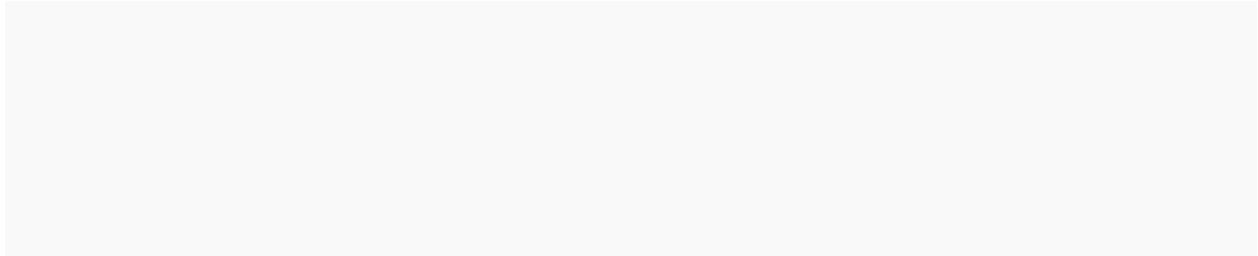
Pause, body scan, and welcome all of your sensations. Be brave. What happens once you feel into your body without resistance or struggle?



What happens when you witness it all and allow yourself to be?

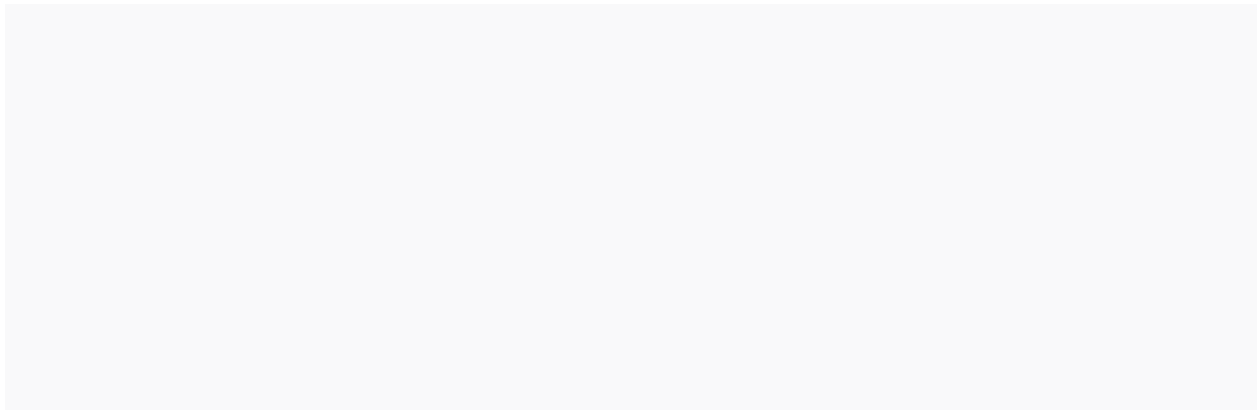


What feelings or sensations do you notice in your body that you don't like?

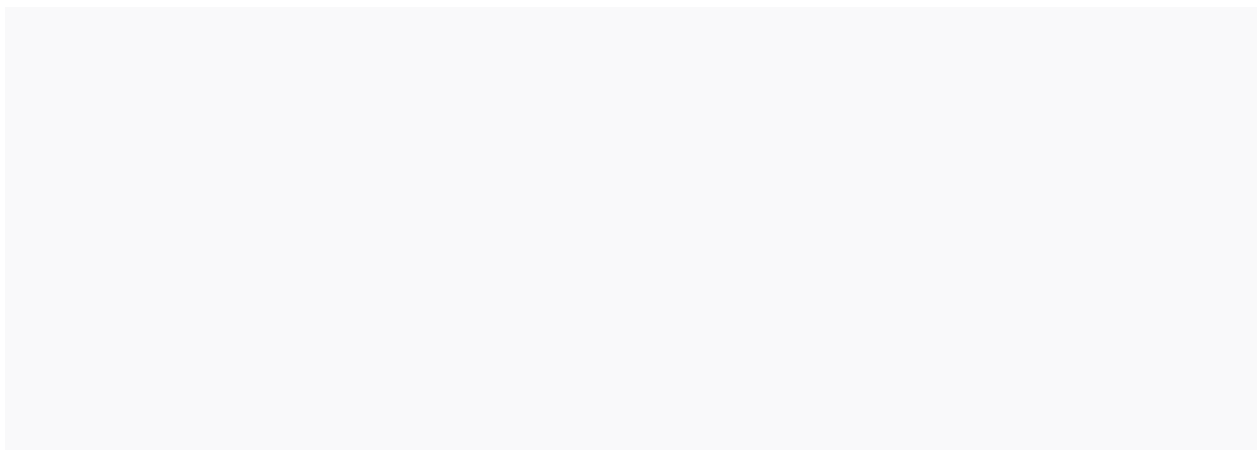


Where are these sensations and tension patterns located in your body?

As you body scan, notice if any of these tension patterns begin to soften, empty or leave your body. *(We are not trying to get rid of sensations, all sensations are valuable information for our brain. Bringing kindness toward sensations and tension patterns can resolve them.)*



How are these unwanted sensations or tension patterns impacting you?

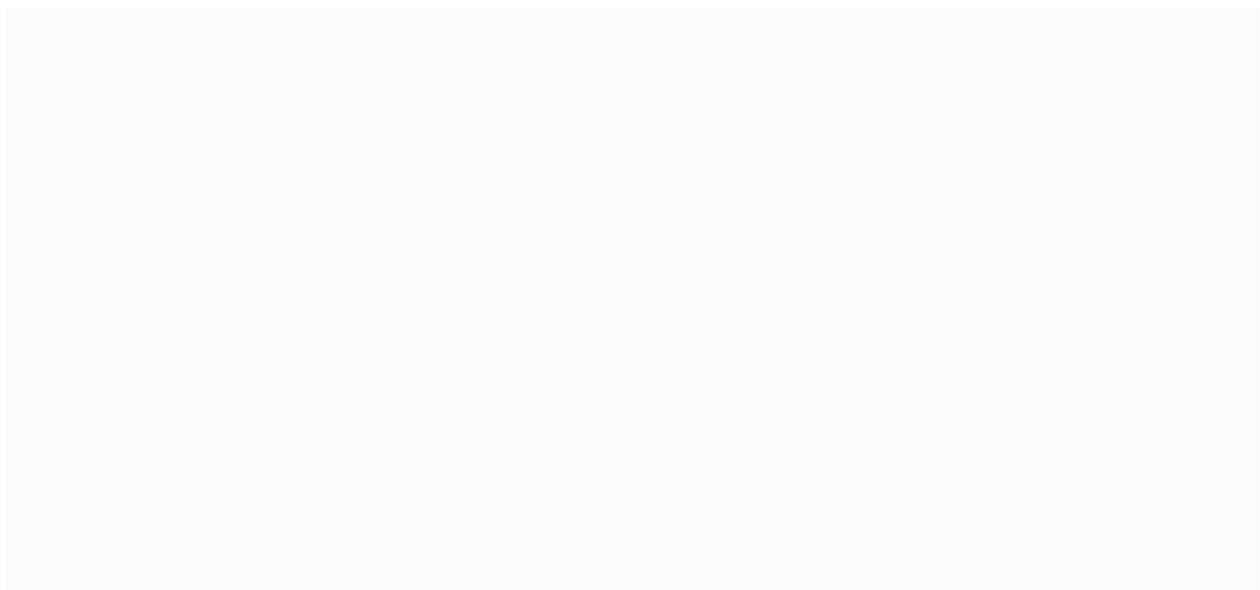


How does it feel when you stop struggling with your sensations and you instead feel them without judgment?



The relationship we have to our body changes our neural pathways. Kindness stimulates biochemical responses that soothe sensory fluctuations.

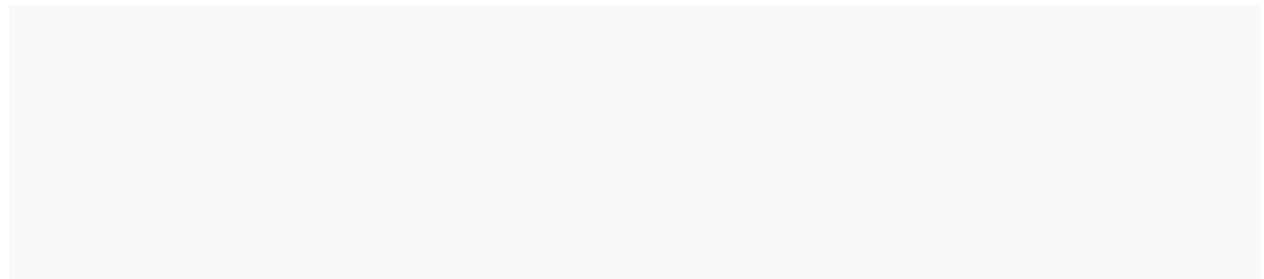
How are you relating to your body? Notice how you treat your sensations.



What are you feeling right now, today? Not yesterday, not tomorrow - right now as you read this page?

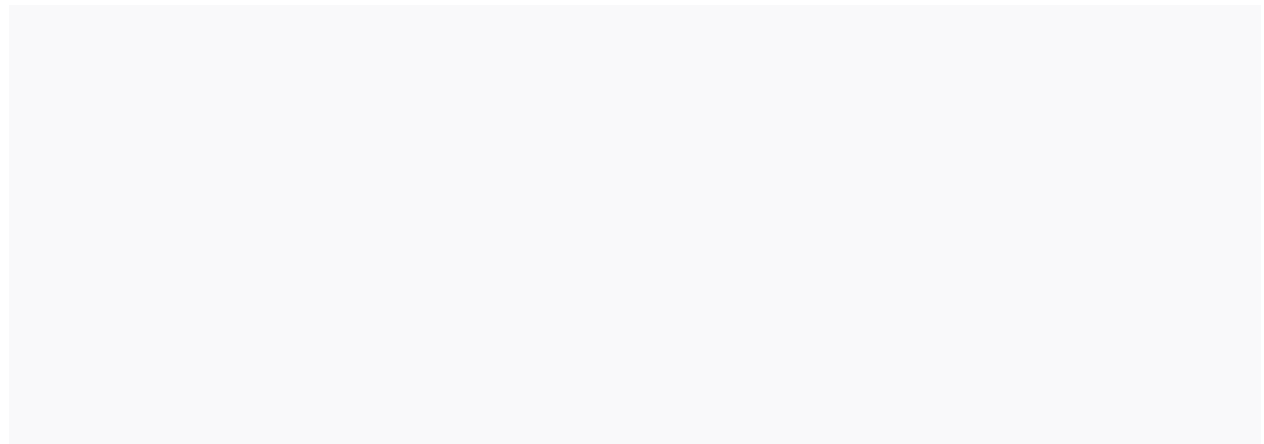


How do you want to feel? What do you really desire to be feeling and sensing in your body today? (*E.g. calm, confident, happy, adventurous, vital and energetic?*)



What activities or situations help you to access your desired feelings and bodily sensations?

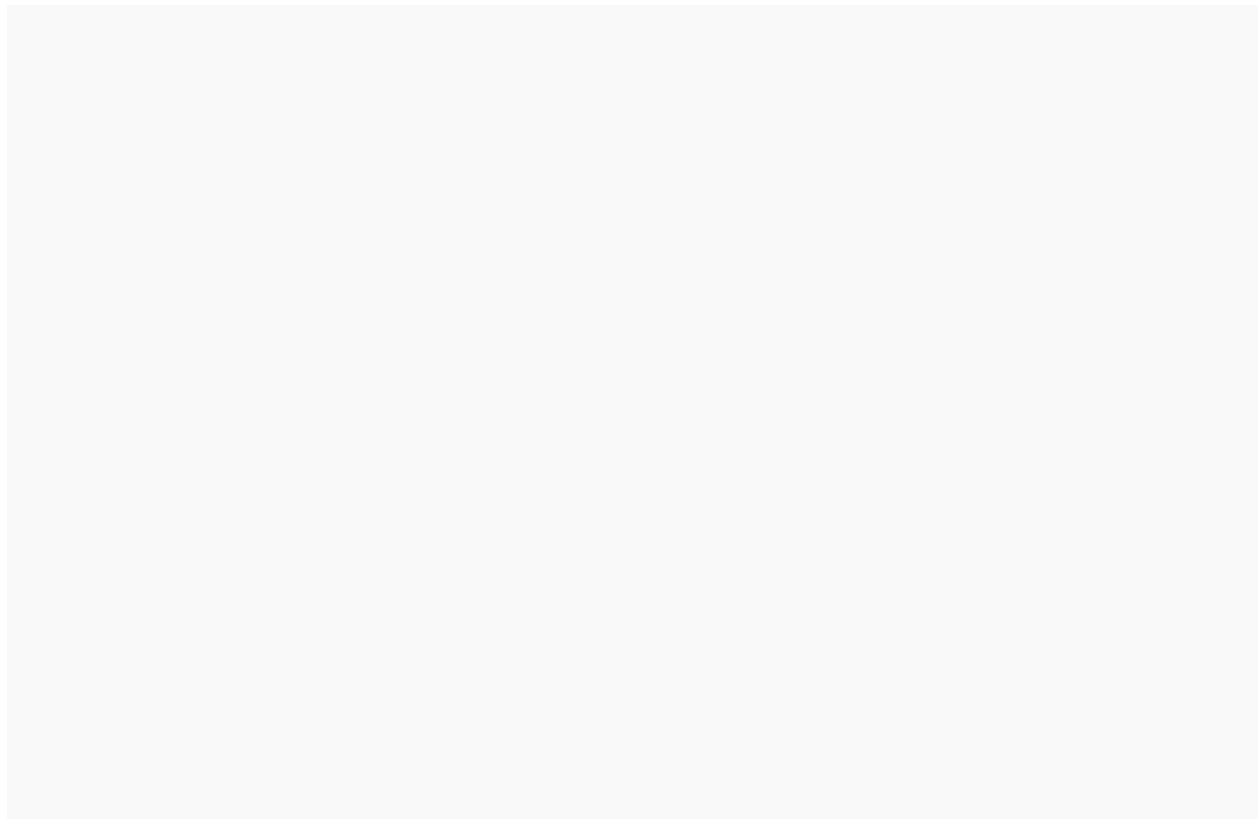
What conditions are likely to stimulate those neural maps? (*E.g., natural lighting, slowing down, clearing the calendar, talking to a friend, body scanning.*)



Keep brainstorming your desired feelings and sensations. Neurons grow where attention goes.

Ask yourself:

- *What do I want to feel inside my body?*
- *What do I want to focus upon inside my body?*
- *What neural networks do I want to build inside my body?*



The answers to these questions deepen with time.

The **ROCK STEADY** program offers comprehensive guidance and peer support as you navigate building your new neural pathways, discovery of your inner world, and emptying the tension patterns that your body holds.

[EXPLORE ROCK STEADY](#)