



Date:

EXPLORE

These questions are meant to be paired with movement. They are *body-based inquiries* designed to integrate the changes that occur after significant structural change to the body.

Use this worksheet the same day as treatment and then again every 24 hours for the next 3 days. Document the changes and report them back to your therapist at your next session (if applicable).

1. Compare your right leg to your left leg
2. Compare your right arm to your left arm
3. Compare your neck to your low back
4. Compare the front of the body to the back of the body
5. Where in your body do you feel tension?
6. Where in your body do you feel pain?
7. Where in your body do you feel strong?
8. Where in your body do you feel weak or unstable?
9. What feels open and free in your movement?
10. What is your breath doing?
11. Where are you holding in your body?
12. What feels different in your body today, compared to the last time you explored?
13. Does the pain you are feeling seem old or new? Does it have an emotional component?
14. What can you sense just outside of your physical body?