

There is no house like the house of belonging.

—David Whyte

~

“You belong” practice

by Nick Werber

Identify a [feeling](#) you are having, big or small. Sometimes it’s in the background, like a low-level static, a buzziness, a tension, an anxiousness, a physical pain.

Find the feeling in your body.
Where do you feel that feeling the most?

Once you find it, see if you can place your attention on it without judging it, and then try saying the following out loud.

Tell the feeling:

“You belong.”

Notice how the feeling responds to being told it belongs.

Notice any shift or change.
(It’s okay if nothing shifts or changes.)

Notice what it’s like, how it feels
to give this feeling your attention.

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Option: apply [RAIN](#) practice to this practice.