

My Body Scan Check-In

A body scan is a chance to slow down and notice what is happening in your body. This worksheet can be used **during your body scan or afterward** to record what you noticed.

As you move your attention through your body, notice physical sensations as well as any feelings or thoughts that come up. You don't need to find something in every area, and there are no right or wrong things to notice.

Take your time. The purpose is simply to check in with yourself and become more aware of what your body may be communicating.

Date: _____ **Time:** _____

Before I Begin

How am I feeling right now?

Is there anything I am already noticing in my body?

Are there any thoughts or emotions that are especially noticeable right now?

My Body Map

As you move through your body scan, use the silhouettes below to create a map of what you notice.

When an area of your body stands out to you, place a **letter on that location** on the silhouette. Use the front or back silhouette depending on where you feel the sensation. Then use the same letter in the space provided to describe the physical sensation and any feelings or thoughts you noticed with it.

You can mark as many or as few areas as you need.

Example

You notice tension in your right shoulder, so you place an **A** on the right shoulder of the silhouette.

A. Right Shoulder

Physical Sensation: Tight and achy

Feelings / Thoughts: Feeling stressed. Thinking about everything I need to finish today.

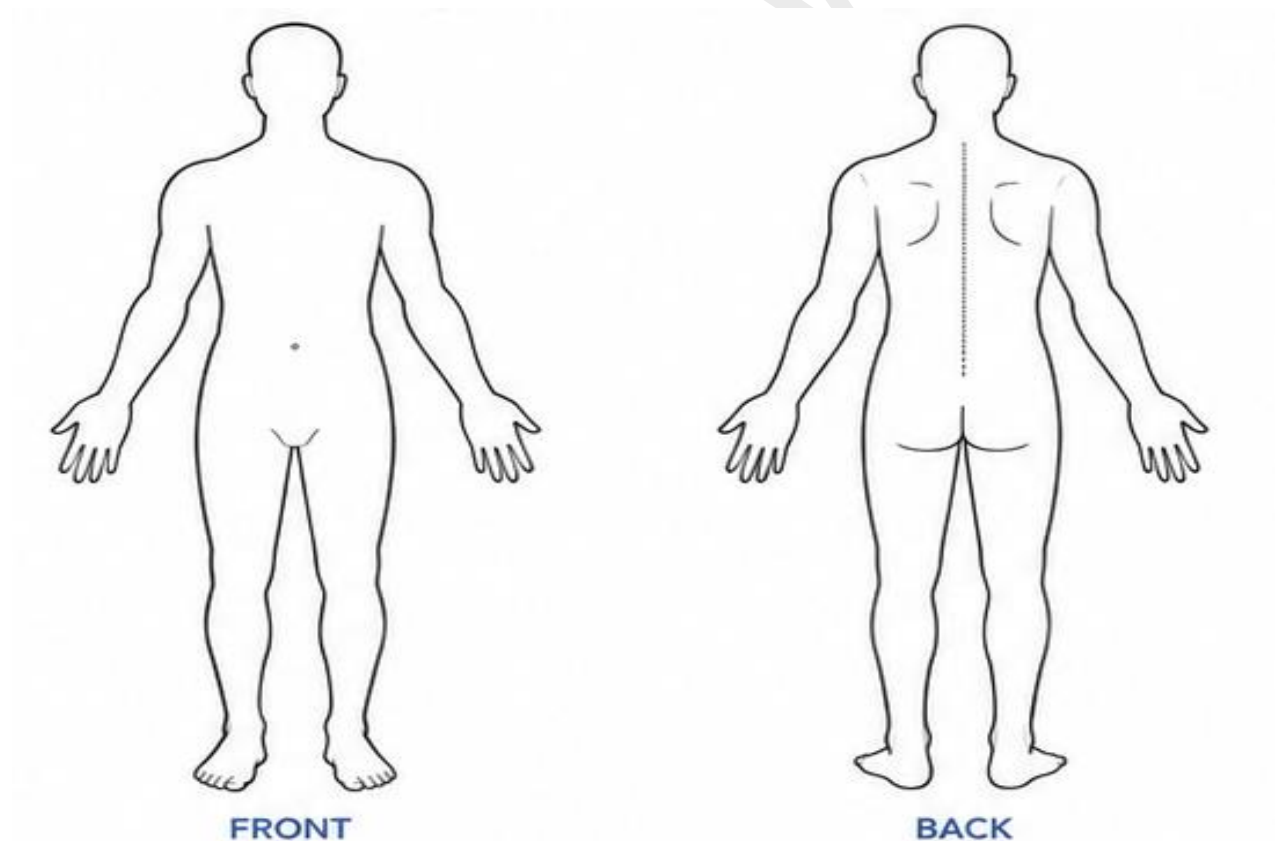
Later, you notice a fluttery feeling in your stomach, so you place a **B** on the stomach area.

B. Stomach

Physical Sensation: Fluttery and tense

Feelings / Thoughts: Feeling nervous. Thinking about an upcoming conversation.

Your body scan will be your own. The example is simply a guide for recording what **you** notice.



LETTER

BODY AREA

PHYSICAL SENSATION

FEELINGS / THOUGHTS

A

B

C

D

E

F

G

H

After My Body Scan

How does my body feel now compared with when I started?

How am I feeling emotionally now?

Did I notice any connections between my physical sensations, feelings, or thoughts?

Did anything surprise me or stand out during my body scan?

Is there anything my body seems to be asking for right now?

Is there anything I want to pay more attention to?

One Last Check-In

If my body could tell me one thing right now, what might it say?
