

DO Therapy

Find It in Your Body

Emotions don't only happen in our thoughts. Our bodies may respond before we have words for what we're experiencing. Tightness, heaviness, restlessness, warmth, tension, changes in breathing, or an urge to move can provide early information about what's happening inside us. This exercise helps you practice **noticing what your body may be communicating before immediately reacting to it.**

NOTICE

Choose a moment when you notice an emotional or physical shift.

Instead of immediately asking “*What's wrong?*”, first ask: **“What am I noticing in my body?”**

Maybe:

- Tight chest
- Tense shoulders
- Clenched jaw
- Butterflies or heaviness in your stomach
- Shallow or faster breathing
- Racing heart
- Restlessness
- Feeling hot or flushed
- Heaviness or low energy
- Feeling frozen or shut down
- An urge to leave, move, argue, fix, or do something

Choose **one physical signal** to pay attention to.

REVIEW THE GAME TAPE

Think about what was happening around the time you noticed the signal.

Ask:

- What happened just before my body changed?
- What emotion might be connected to this sensation?
- What was I thinking about or anticipating?
- What did my body make me want to do next?
- Have I noticed this same signal in other situations?

Then ask: **“Could this be one of my signals that something is happening inside me?”**

You don't need to immediately know exactly what it means. The first skill is simply **noticing it.**

PRACTICE

Choose one body signal to use as a cue to pause.

For example:

- Jaw tightens → Pause.
- Shoulders rise → Pause.

- Heart speeds up → Pause.
- Stomach tightens → Pause.
- Body becomes restless → Pause.

When you notice your signal, practice: **“Something is happening in my system. Let me check in before I respond.”**

Then ask:

- What am I feeling?
- What might have activated this?
- What do I need before deciding what to do next?

The goal isn't to make the sensation disappear. It is to use your body as **information**.

BUILD REPS

Practice noticing your signal during ordinary moments, not only when emotions become intense.

Notice:

- Am I recognizing the signal sooner?
- Which sensations tend to show up repeatedly?
- Are certain emotions connected with particular sensations?
- What am I usually tempted to do when the signal appears?
- Does noticing it earlier give me more choices about what happens next?

Over time, you may begin recognizing your body's signals **before your reaction becomes your behavior**.

BODY SIGNAL → NOTICE → GET CURIOUS → CHOOSE

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NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.