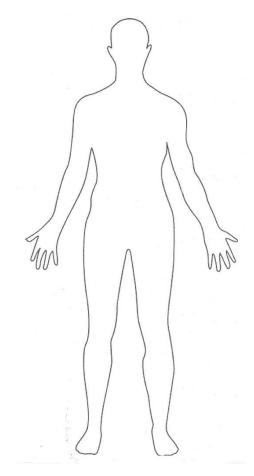
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Name:	Date:	
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Do a Body Scan meditation, focusing on identifying any areas of discomfort in your body. Complete the Body Scan, paying special attention to where you may be experiencing any pain or discomfort in your own body. After completing the meditation, answer the questions below. Be as specific as possible in your answers.

Where did you feel the discomfort? Circle any areas of discomfort on the illustration below, and write the descriptions on the lines provided on the next page. Be as specific as possible. For example, don't say, "In my back."

Instead say, "In my lower back, about an inch from the tip of my spine."



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Name:	Date:
Specifically where did you feel the d in the space provided:	iscomfort? If more than one location on your body, list all locations
Describe the discomfort. Was it sha possible.	rp, or dull? Hot or cold? Constant or throbbing? Be as specific as

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Name:	Date:
Were there any areas of your body that felt p areas different?	articularly relaxed during the meditation? How were these
What did you learn about your body during th	
What did you learn about your body that wou	ıld help you to trust your own inner wisdom? Be specific.

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Name:	Date:
pages of this worksheet. Cultivate an attitude	ng in mind the answers to the questions on the previous of open acceptance to what your body is telling you during tead, go inside of it by greeting it with open acceptance noment.
As you do the Body Scan meditation again, differences you noted in the space provided by	is your experience different this time? If so, describe the pelow: