

Body Awareness & Trauma Recovery Worksheet

Name: _____ Date: _____

This worksheet helps you reconnect with your body, notice sensations safely, and cultivate grounding by sensing your connection to the earth. It supports trauma recovery by fostering present-moment awareness and body mindfulness.

Step 1: Find Your Space

Sit or lie on the ground (grass, soil, sand, or a blanket if needed). Ensure your body feels supported and safe.

Step 2: Grounding Connection

Close your eyes (if comfortable) and notice the points where your body touches the ground. Imagine the earth supporting and holding you, absorbing tension and providing stability.

Reflection

What sensations do you feel where your body meets the earth? Describe:

Step 3: Guided Body Scan

Slowly bring attention to each part of your body, noticing sensations without judgment:

Body Area	Sensations / Observations
Feet	_____
Legs	_____
Hips / Pelvis	_____
Lower Back	_____
Upper Back / Shoulders	_____
Arms / Hands	_____
Neck / Throat	_____
Face / Jaw	_____
Head / Scalp	_____

Notice areas of tension, warmth, coolness, tingling, or numbness. Allow sensations to simply be.

