

THE PAPER TIGER SYNDROME



REFLECTIONS

WHAT'S DIFFERENT?



Beginning/Intermediate Level Somatic Dimensions Noticing Inner Experience

*Refer to the examples below to describe your inner experience
(aka, interoception) or add your own:*

Anxious	Grounded	Relaxed
Breathy	Heart Beating	Settled
Buzzy	Warmer	Slower
Calmer	Overwhelmed	Stressed
Cooler	Pulsing	Tingling

Answer These Questions For Yourself:

Before this ritual, my body's experience was...	After this ritual, my body is more/less...