



Understanding Somatics
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When's the last time you actually felt safe — not just “not in danger” — but genuinely, deeply safe in your own body?



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Your breath is the only part of your nervous system you can control on purpose. When's the last time you used that power?



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What if you can't think clearly right now because your body doesn't feel safe — and no amount of willpower will fix that?



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You're either in fight, flight, freeze, or social connection mode right now. Do you know which one?



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Have you ever wondered why you can't relax even when nothing is wrong?



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What's the difference between being safe and feeling safe?



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Why do we tell people to “calm down” when their nervous system is doing exactly what it was designed to do?



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When you feel overwhelmed, do you speed up or shut down? Do you even know your pattern?



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Have you ever noticed that being around certain people physically changes your body — your breathing slows, your shoulders drop?



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What if “grounding” isn't some abstract concept — but literally feeling where your feet meet the floor? Have you tried it?





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You hold your breath more than you think. What are you bracing for?



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Why do rhythmic things — rocking, walking, drumming — calm us down?



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What if judging your anxiety is making it worse? What would happen if you just got curious about it instead?



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Can you describe what “feeling centered” actually feels like in your body — without using the word “calm”?



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Your body has to feel safe before your brain can do its best work. How often do you try to think your way through a problem your body hasn’t settled yet?



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Did you know that a longer exhale than inhale can shift your entire nervous system in under a minute? Why isn’t that common knowledge?



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What if the tension you carry isn’t a problem to solve but weather to watch pass through?



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When someone says “trust your gut,” they’re describing a real physiological process. Your gut has its own nervous system. Did you know that?



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Have you noticed that you can’t actually relax on command? What do you think relaxation actually requires?



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What would change in your life if you could recognize your body’s stress signals before they became a crisis?

