



**Understanding Somatics**  
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*What if the habits running your body — how you sit, clench, hold, protect — were learned so long ago you can't even see them anymore?*



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*Have you ever slowed a movement way down and realized it wasn't smooth at all?*



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*Why do we try to force habits to change with willpower when just noticing them is more powerful?*



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*What if your chronic pain isn't damage — but a protection pattern your body learned years ago and forgot to turn off?*



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*Have you ever paid attention to a sensation and watched it change just because you noticed it? What does that tell you about the relationship between awareness and your body?*



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*When you clench your fist as hard as you can and then release — what does that tell you about the relationship between tension and letting go?*



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*Do you move differently when people are watching? What are you performing, and for whom?*



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*What if "pushing through" pain is actually teaching your body to stay stuck in the pattern that created it?*



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*Your body has been repeating the same tension patterns for years. What would happen if you just got curious about one of them instead of fighting it?*



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*Have you ever tracked a sensation as it moved through your body — like following a wave? Where do your sensations tend to go?*





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*What part of your body feels “dead” or disconnected right now? When did you stop feeling it, and why?*



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*What if the pause after a stretch or a deep breath is where the real change happens — and we always skip it?*



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*Did you know you can build emotional resilience by gently shifting your attention between something comfortable and something uncomfortable?*



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*Why do we treat the body like a machine to fix rather than a living system to listen to?*



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*Have you ever noticed that your body knows exactly when to speed up and slow down — but you override it every time?*



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*What would happen if instead of stretching a tight muscle, you just noticed it — really noticed it — for thirty seconds?*



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*Your body learned to protect itself in ways that made sense once. Are those protections still serving you, or are they running on autopilot?*



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*What if changing a habit isn’t about discipline at all — but about paying attention differently?*



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*Have you ever done a movement and then paused to feel the aftereffect?*



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*What sensation are you avoiding right now? What would happen if you turned toward it instead of away?*

