

Body Memory & Interoceptive Awareness TOOL

Choose from the following:

1. Neutral body silhouette (pre-printed template)
2. Abstract shape (no body outline — freeform drawing)
3. Symbolic representation (landscape, house, armor, tree, weather system, etc.)

Select the format that feels most grounding. **This exercise is about internal experience, not appearance.**

Using neutral body outline or format of choice, identify:

- Areas of numbness, tension, or activation
- Emotions associated with different body regions
- ED behaviors connected to body sensations
- Regulation strategies that increase safety

You choose how you want to highlight these areas, emotions, behaviors, and strategies. You may use different colors, line widths, or textures. There is no right or wrong way to complete this exercise.

