

RECONNECT: TRACK YOUR SYSTEM

Thoughts describe. Felt sensations experience.

WHAT TO DO

Notice your internal state throughout the day

Track patterns without trying to change them

Go in and out of awareness (don't stay overwhelmed)

WHAT TO NOTICE

- A sense of ease or openness
- Warmth in your hands
- A knot in your stomach
- Heaviness in your shoulders
- Tightness in your chest

THE CORE THOUGHT

If you don't track your internal state, you drift.

Like sailing, this process isn't a straight line—you move in and out, adjusting as you go.

Noticing your system is what keeps you aligned with yourself.

Tracking your felt sensations helps you stay with yourself, even in challenging moments.

*Your body is always giving you information.
Felt sensations are how you learn to listen.*

WHY IT MATTERS

Your body is constantly tracking your environment for safety, and responding before you think.

When you are aware of your state:

- you can respond instead of react
- you can shift gently instead of forcing change
- you stay connected instead of shutting down

Regulation starts with awareness.

HOW TO GET STARTED

Notice one sensation

Then notice something neutral or calm

Move back and forth

(This is how your system builds capacity—titration)

Your body processes experience faster than your mind.

Before you think, your body has already responded

So when you tune into felt sensations, you are accessing what is actually happening in real time

IMPORTANT REFRAME

You are not trying to fix your feelings.
You are learning to notice them.

You don't need to go deeper—you need to go at the right pace.