



EXERCISE: How I Envision Myself Healed

In the Now column, check the changes you would like to accomplish; this allows energy to flow toward what you would like to have happen that you're aware of now, without dwelling on their present absence, or how to get there. As you pursue your healing work, check the Over Time column when this item becomes a reality for you. And as your healing evolves, keep coming back to this list to note what is transforming.

Physical	Now	Over Time
Feeling grounded in my body		
A sense of expansion, spaciousness, lightness, aliveness in my body		
Ability to set limits and boundaries, to say no		
Acceptance of and tending my personal needs		
Ease in touching and being touched and in choosing in what ways		
Ability and desire to be intimate with my partner		
A deep capacity for physical sensations		
A sense of uprightness and strength with flexibility		
Emotional	Now	Over Time
A feeling of empowerment		
A feeling of connection with self, others, and the world around me		
A feeling of calm even in times of uncertainty		
Capacity to regulate emotions		
Capacity to laugh and not take myself too seriously		
A vital feeling of openness, aliveness, and joyful anticipation of life		
Ability to experience a wide range of emotions without feeling overwhelmed		
Capacity to feel anger and aggression without acting it out toward others or inward toward myself		
Cognitive	Now	Over Time
Capacity to concentrate and focus		
Ability to appreciate multiple perspectives		
Positive thinking about myself and life		
Natural curiosity about even challenging things		

Capacity for insights		
Creative perception and expression		
Enjoyment of diverse opinions and capacity to hold multiple perspectives		
Acceptance of what I once rejected about myself		
Behavioral	Now	Over Time
Ability to maintain strong yet flexible boundaries		
Ability to know and meet my essential needs		
Ability to use a range of resources		
Ability to self-soothe when stressed		
Ability to stay connected with myself when I connect with others		
Social	Now	Over Time
Ability to feel comfortable in a variety of social situations		
Comfort with participating in a variety of activities that I previously felt I could not		
Ability to stay present when engaging with others		
Desire for the company of others		
Healthy balance between work and play		
Healthy balance between “me time” and time with others		
Spiritual	Now	Over Time
Trust in the unfolding of life events		
Deep awareness of being connected to something beyond myself		
Feelings of gratitude, compassion, and loving kindness for myself and others		
Feeling of expansion and lightness in my body		
Ability to focus on goodness, even when the situation feels bad		

How was this exercise for you? Did you feel any sense of hope, excitement, or possibility that you had previously been unaware of? Revisit this exercise frequently to see if there are new outcomes you would like to move toward, as you realize ways in which you're not as connected as you would like to be.

Read more in ‘The Body Awareness Workbook for Trauma’ by Dr Julie Brown Yau