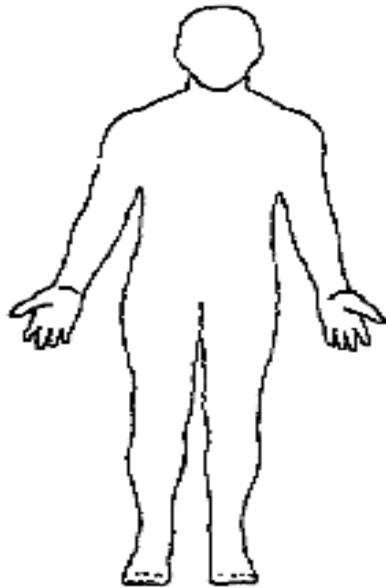
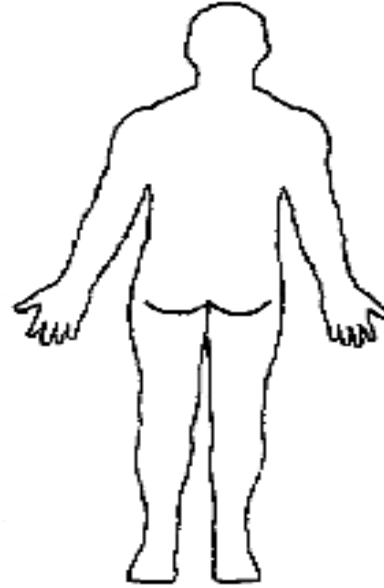




Right



Front



Back



Left

Where In Your Body Do You Feel That?

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Instructions

Pendulation, a term coined by Peter Levine in his work on somatic experiencing, is the idea that we can move back and forth from dysregulation to regulation by recognizing where these areas exist in our bodies. Try using the following color codes to mark where you feel the most activated (anxious, angry, upset) in your body to where you feel the most calm. This information will help you deliberately connect to, and feel calmer at times you are highly activated by intentionally stepping into your calm space until the highest level sensations are able to discharge and dissipate.

Red – The places that feel high-range activated

Orange – The places that feel medium-range activated

Yellow – The places that feel low-range activated

Green – The places that feel neutral

Blue – The places that feel calm

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