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A quick guide to Body Mapping

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Body Mapping

GUIDE

What is Body Mapping?

Body mapping is an amazing tool for exploring what's happening within. This could be a useful daily practice to manage any internal experiences and better understand ourselves without judgment. The focus on the embodied experience offers itself to the exploration of bodily and psychological feelings and experiences.

How to exercise Body Mapping?

1. Find a sheet of paper or journal and some colored pencils or markers. Draw an outline of your body with as much or as little detail as you like (see next page for a sample body guide but you can create your own).
2. Take time to map or draw whatever you notice in your body, using the guide on the next page. You can use different colors, random marks, draw images, scribbles, or shading. Add symbols or words, or even whole sentences.
3. There is no right or wrong way to do this practice. You may create it on your own and let it be messy and imperfect. Once you have finished, you might take some time for reflection, contemplation, and self-care.



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Sample prompts

These are sample guides to get you started but you may create your own. You might want to give yourself permission to be curious about it. Landing in this practice helps us take up residence in our bodies. (See body image guide on next page)

1. Notice sensations and feelings that are present in my body or feel anxious.
2. What parts of yourself are present - sensations, emotions, and experiences? It could be familiar or new territory, comforting or challenging
3. Are they strong or subtle?
4. Are there areas that feel numb, painful, or stuck?
5. What stories, memories, or secrets are here?
6. Where are they held in my body?
7. Did anything surprise me?
8. What images are showing up?
9. Where do I feel at home in my body?
10. Are there places of resistance?
11. Are any thoughts, ideas, or beliefs about my body showing up?
12. How did it feel doing the activity?
13. What can support me to feel better?

You may keep tracking the changes over time and explore what resources can support your wellbeing.

REFLECTION:

What has it revealed to you?

What opportunities does it offer?

Where might you need a little more tenderness?

Where might you need a little more compassion?

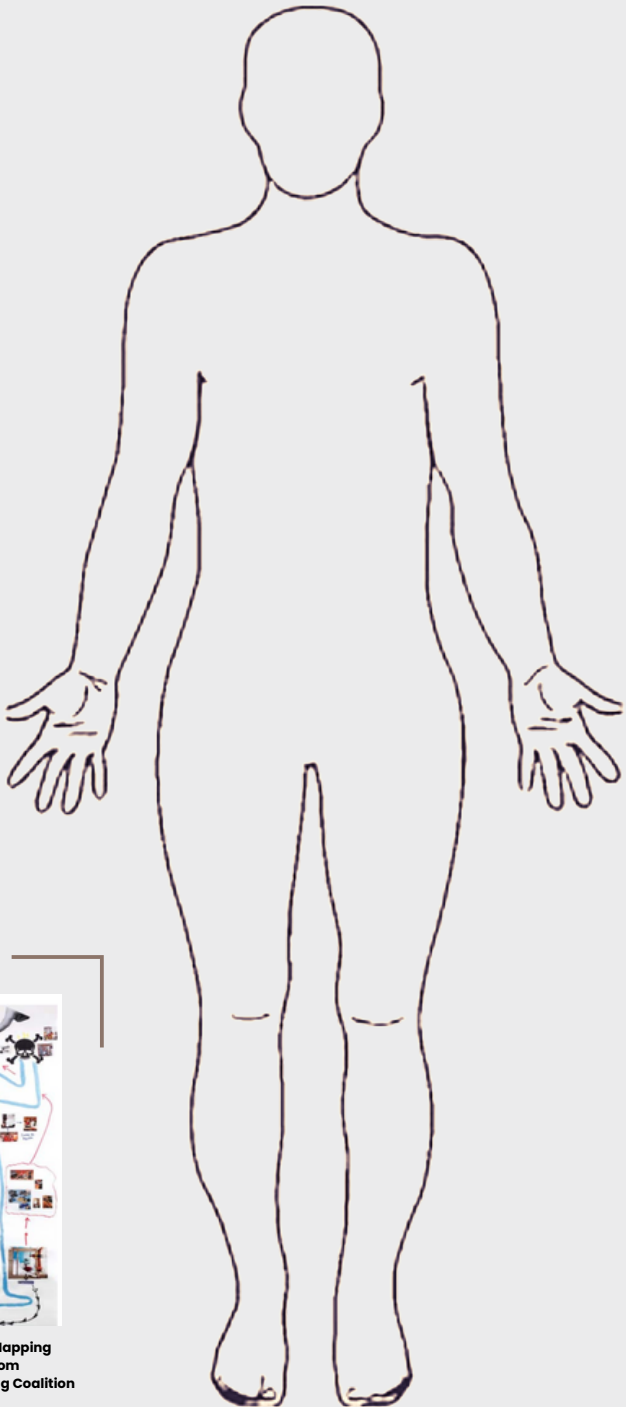
Where might you need a little more kindness?

Where might you need a little more courage?

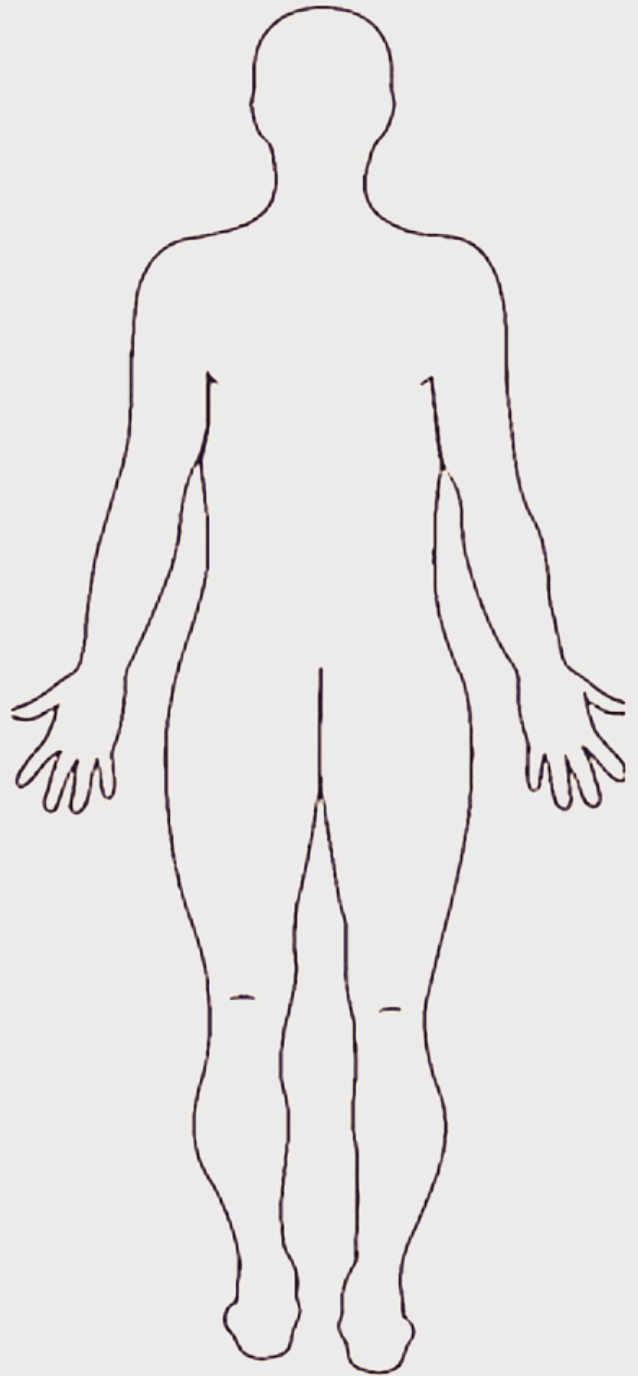
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BACK



Actual Body Mapping
Image from
Ontario Mentoring Coalition



It's an honor to share this guide with you, this was offered with the hope that you find it supportive and nourishing.

You are welcome to connect to me and share how it supported you.

