

Somatic Tracking Script

Mindfulness

Make yourself comfortable. Close your eyes if that feels good to you.

Go ahead and familiarize yourself with your internal state and bring your attention to a physical sensation in your body.

Can you describe the location of the sensation?

I want you to try and watch this sensation with a sense of curiosity, without fear or judgement.

Just notice it. You don't need to do anything to it or change it in any way. Just explore it.

Safety Reappraisal

What is the quality of the sensation?

I know it feels like something is going on in your body. This sensation is perfectly safe. Keep attending to the sensation and let it do what it's going to do. All you have to do is watch, like you're on a snorkeling expedition.

What do you notice?

Positive Affect Induction Humor

Oh look, a school of fish! You're not trying to catch the fish you are just observing them. Think of your body as the ocean and the sensations as fish. See if you can follow those fish with a sense of ease. Your brain is interpreting this sensation as though it's a Great White, but it's really just a Clown Fish. We want to teach your brain that this sensation is safe.

Safety Reappraisal Humor

You didn't forget to put on sunscreen this morning. You can still hear the motor of the snorkeling boat. You are wearing that hot pink bathing suit so your group can see you in the water no problem! They confirmed that there are no sharks in the water, and no one is leaving without you. You are safe.

What do you notice happening as you pay attention to it? Does it move? Intensify? Subside?