

A Gentle Guide to Understanding Your Body

A symptom tracking workbook
for women and mothers
Ready to explore the emotional
roots behind physical patterns.

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Welcome

This workbook is not about
diagnosing yourself.

And it is not about blaming yourself.
It is about observing.
Your body is intelligent.

Symptoms are often biological
responses to stress, emotional
overwhelm, or unresolved conflicts.
When we begin to track patterns –
calmly and without fear – clarity
starts to emerge.

You don't need to analyze everything
at once.

Just notice.

Awareness creates safety.

And safety allows the body to shift.

How to use this guide

1. **Go slowly. You don't need to fill everything in at once.**
2. **Be honest but gentle with yourself.**
3. **If emotions arise, pause. Breathe. Continue later.**
4. **You are not looking for perfection – only patterns.**

You can use this workbook for:

- Your own symptoms
- Your child's recurring symptoms
- Any physical pattern you feel curious about

Remember: we are not looking for something “wrong.”

We are looking for something unresolved.

When did this symptom first appear?

Try to remember:

- The approximate date or period
- What was happening in your life at that time?
- Any major change, stress, conflict, shock, loss, or emotional overwhelm?
- Did something feel sudden or unexpected?
- Any major resolution or success?

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When does the symptom flare up?

Notice:

- Does it worsen during stress?
- Does it appear after conflict?
- Does it improve during rest or holidays?
- Does it appear around specific people or situations?
- What situations seem connected?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

What emotion feels connected?

Without overthinking, ask yourself:

- When I feel this symptom, what emotion is underneath?
- Does it feel like fear, anger, guilt, pressure, sadness, powerlessness?
- Is there something I'm not expressing?
- Is there something I'm trying to control?

Let your body answer before your mind does.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

If this is about your child's symptoms

Children often respond to:

- Changes at home
- Emotional tension
- School or social stress
- Separation
- A parent's stress

Ask yourself:

- What was happening in our family before this started?
- What may have felt overwhelming for them?
- What may have felt overwhelming for me?

Children's bodies are deeply connected to the emotional environment.

Observe gently. No guilt.

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What feels clearer now?

- Do you notice a timeline?
- Do you see recurring emotional themes?
- Has anything surprised you?

Clarity is the first step.

You do not need to fix anything
today.

Understanding already shifts the
nervous system.

If this process brought up clarity –
or questions – you don't have to
navigate it alone.

Inside my 1:1 Root Cause Intensive,
we explore your symptom in depth,
identify the original emotional
conflict, and create a grounded path
forward.

You are not broken.

Your body is responding.

And when we understand the
response, healing begins differently.

Called to go deeper?

Learn more about my
group programs and 1:1
personal sessions



Visit

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Alicia Glavanová



Founder of

Shenmen Therapies

My journey as a therapist didn't begin in a classroom – it began in my own body.

Anxiety. Panic attacks.

A nervous system asking for safety.