



Sensation Over Story

*Your On-Hand Guide
for Getting Into Your
Body and Finding Ease*

coachingwithmakayla.com

PART ONE

A Vocabulary for Sensation

Learning how to name the sensations in our body is much easier when we have a vocabulary for it! This list can help you get curious and specific about what's happening in your body right now, instead of reaching for an emotional label. Skim this list next time you check in, and see what fits.

Once you notice a sensation in your body, name that body part:

"This feeling in my (body part)... it feels like... (pick a word from below, or whatever resonates!)"

Lightness *vs* Heaviness

Tight *vs* Relaxed

Warmth *vs* Cold

Stuck *vs* Flowing

Expansive *vs* Shrinking

Pressure *vs* Space

Sinking *vs* Lifting

Shallow *vs* Deep

Constricted *vs* Expansive

Glowing *vs* Dark

Empty *vs* Full

Open *vs* Closed

Soft *vs* Hard

Sharp *vs* Dull

Calm *vs* Jittery

Grounded *vs* Floaty

Smooth *vs* Jagged

Holding *vs* Releasing

A FEW MORE, WITHOUT AN OBVIOUS OPPOSITE

Tingling

Buzzing

Stillness

Quiet

Prickling

Hollow

Radiating

Numb

Fluttering

Humming

A gentle reminder: the same word can mean something different from person to person, and even from day to day for you. The goal isn't to get the "right" word, it's to get present and specific to what's true for you, right now.

The Practice, Step by Step

Here's the condensed, on-your-own version of the guided practice. Use this anytime something feels off. It can be a quick moment with some tapping, or a longer process with more tapping, parts dialogue, and journaling as well.

1

Get Present

Take a beat and check in with yourself. First, notice the quality of your breath. Get really present with each inhale and exhale. What does it feel like? Then briefly check in with your body and simply notice how it feels.

2

Find the Bothered Feeling

Ask yourself, "What's bothering me right now?" You don't need to know why. Just notice what comes up, then ask where you feel it in your body and what it feels like there.

"I feel [sensation] in my [body part]."

3

Snapshot: Before

Take a moment to notice this sensation clearly, just as it is, before you start tapping. This gives you something to compare to once you're done.

4

Tapping Round One: Safety & Noticing

Tap through the points while affirming that it's safe to notice this sensation, exactly as it is. No need to change it, just notice it.

5

Tapping Round Two: Presence & Release

Tap again, this time naming your specific sensation and location. Add in "whatever this is connected to" to gently let anything related surface. Affirm safety in this present moment as you go.

"This [sensation] in my [body part], whatever it's connected to, whatever it reminds me of... It's safe to be here now."

6

Snapshot: After

Take a breath, then check back in with your breath and your body. What's changed? What's different now, even a little?

7

Bonus: Parts Dialogue & Symbolic Support

If it feels right, dialogue with that part of you. Imagine bringing it whatever support it needs, warmth, color, presence, containment, rather than trying to force it to change. Let the imagery be whatever it wants to be. Stay persistently supportive, check in again, keep tapping on the sensation, and keep attending to it as it shifts and changes.

How to Take This Deeper

If you have a little more time or want to stay with this a bit longer, here are a few gentle ways to extend the practice.

1

Journal About the Experience

Write about your check-in before versus after. What your body felt like, and how it feels now. Writing down the experience, especially by hand, helps these parts of you feel honored, and helps things process even more deeply.

2

One Silent Tapping Round

During the tapping process, do one round of tapping, from the eyebrow point to the top of the head, where you simply take a gentle breath in... and out... at each point. As you do this, relax and focus on the sensation in your body. Sometimes these rounds create the most profound shifts.

3

Check Back In

Take some time later in the same day, right before bed, or the following day, to check in with this area of your body (i.e. "that twisting in my solar plexus"). Checking back in helps us build trust with ourselves and with our parts. You can simply say "hi" to that part, and let it know you're here.



PART FOUR

Before You Go

A small note from me, and a couple of videos if you'd like to go deeper.



A NOTE FROM MAKAYLA

Try it, then try it again.

You don't have to get this perfect. Every time you check in, name a sensation, and offer yourself a little support, you're building trust with yourself. That's the whole practice: showing up, again and again.

I'd love to know how it goes for you, and what sensation words showed up along the way.

With warmth, Makayla

Want to work with me directly? Or want more tools like this?
All that and more is here:
coachingwithmakayla.com

VIDEOS YOU MIGHT NEED

WATCH: HOW TO TAP

New to tapping, or want a refresher on the points?
This walks you through exactly where and how to tap.

youtu.be/Btuqup1J-ww

WATCH: THE FULL GUIDED PRACTICE

Want to be guided through this whole process, start to finish? Watch "Tapping + Somatics: Get Out of Your Head, Into Your Body."

youtu.be/iHyhGGJAa5Q