

Your Body's Story

Workbook Part I

Companion Guide to

NAKED

My Body's Story

by MARCY S. LITTLE

Part I Prologue through chapter 3



MY BODY PRESS
Ithaca, NY 14850

Welcome to Your Body's Story!

Workbook Companion Guide to Naked: My Body's Story

Why use the Your Body's Story Workbook?

We all carry unresolved trauma in our bodies. Reading *Naked* may bring up memories of experiences you haven't fully worked through yet. The **Your Body's Story** Workbook is intended to support you in your healing process at whatever stage of the journey you find yourself.

Unresolved trauma = unprocessed pain. It lives on in the present in the body's memory.

Using the **Your Body's Story** Workbook as an accompaniment while you read *Naked* will help you to metabolize and release trauma still residing in your cellular memory.

The Your Body's Story Workbook will help ground you in your own body as you read about my body's story and give you tools and practices to support you to live there more fully. In fact, the **Your Body's Story** Workbook is so chock full of somatically based exercises and practices, it's a fabulous resource for everyone! Whether you're reading ***Naked*** or not.

Each chapter of the Your Body's Story Workbook offers the following:

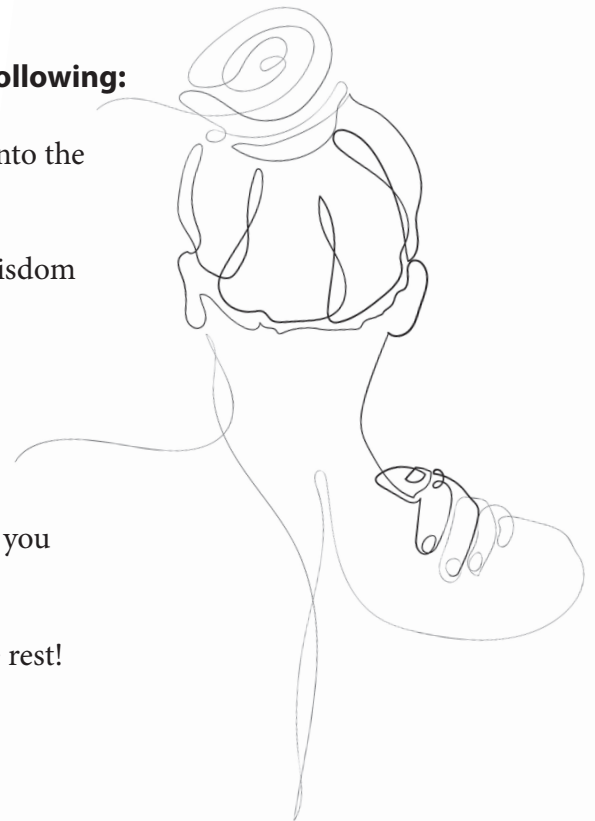
- A pre-reading exercises that will help you get present and into the sacred space of the body
- Awareness building exercises while you read to track the wisdom of your own body and what it's trying to tell you
- Space for journaling and reflection
- Guiding questions to deepen your journey
- Post-reading practices to support you and ultimately move you back into the pleasure that is your birthright

Most importantly, **you** are in charge. Use what works and leave the rest!

Deep blessing to you on the path.

With love always,

Marcy



Prologue & Chapter One: And So It Begins...

Before you begin

Take a moment to get settled. Notice that you have a body. What shape is it in? How does it feel to be in this shape? Is there a shape that would be more comfortable? If so, can you take that shape now?

If you're sitting, bring your awareness to your feet. Can you feel them touching the ground? Now bring your awareness into your pelvis. Can you let your pelvis be heavy? If you're lying down, notice your back side touching the cushion. What does it feel like? Can you let your pelvis be heavy?

As you read

As you read, try to notice any changes in how you feel in your body, obvious or subtle. Pause and bring your awareness to your breath any time you notice any part of your body tightening, becoming numb or your breath becoming shallow. Bring awareness back into your feet or your backside again and invite the pelvis to release.

Paying attention

What sensations did you notice in your body as you read (heat, cold, numbness, pain, tightness, contraction, ease, release, expansion, relief)? What parts of your body were communicating to you? What was happening in my story when you noticed that?

Jot down a few things you noticed.

Journal It

What stood out to you in this chapter? Did any sections speak to you personally? If so, which ones?

A black and white illustration of a fountain pen, oriented vertically on the right side of the page. The pen features a dark, textured barrel with a series of vertical white stripes. The nib is visible at the top, and the overall design is minimalist and elegant. The pen is positioned against a background of horizontal ruling lines.

Prologue & Chapter One: Study questions

What are your earliest memories of feeling sexual? What was your first experience of sexual pleasure?

Have you or someone you love had your body boundary disrespected? Is this something you have ever talked openly about? If not, why not? If so with whom? How did it feel to share this truth about yourself?

What sensations are you experiencing in your body as you explore these questions? Where are they located? What might they be telling you?

Practice: Do Something You Love

Make a list of 10 things you really enjoy doing.

For 20 minutes today, do something from your list. It could be as simple as sitting down with a steaming cup of tea and looking out the window or putting on your favorite music and moving your body. I love to weed my garden. In fact, I'm going out to spend 20 minutes there right now!

Chapter Two: Foundation

Before you begin

Take a moment to get settled. Sit comfortably. Tune into your pelvis and notice any holding there. Invite it to unwind. As your pelvis gets heavy, see if you can feel your spine lengthen. Bring your awareness to the crown of your head. Take a few breaths here, noticing what it's like to sit with a heavy pelvis and a long spine. Now bring your attention to your breath. Notice the pause at the top of the inhale. Notice the pause at the bottom of the exhale. Take several breaths noticing the space at the top and bottom of your breath. Bring awareness into your feet. Return to natural breath.

As you read

As you read, try to notice any changes in how you feel in your body, obvious or subtle. Pause and bring your awareness to your breath any time you notice any part of your body tightening, becoming numb or your breath becoming shallow. Feel your feet or your backside again and let the pelvis release.

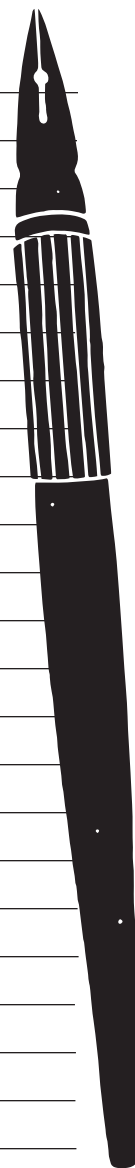
Paying attention

What sensations did you notice in your body as you read (heat, cold, numbness, pain, tightness, contraction, ease, release, expansion, relief)? What parts of your body were communicating to you? What images or memories surfaced?

Jot down a few things you noticed.

Journal It

What stood out to you in this chapter? Did any sections speak to you personally? If so, which ones?



Chapter Two: Study questions

How do you talk to yourself? What kinds of messages do you repeat to yourself over and over again that don't support you?

Do you experience blocks to the easy expression of your sexuality? Do you like being touched? Are there places you don't like being touched? Do you like to touch your partner?

What sensations are you experiencing in your body as you explore these questions? Where are they located? What might they be telling you?

Practice: Dispelling Negative Beliefs

We all carry negative beliefs about ourselves that aren't true. Often, they live just below the surface of our consciousness and influence everything we do and how we feel and think about ourselves.

Take a few minutes to make a list of negative beliefs you hold about yourself. Then, write the opposite next to each one. Notice how that feels in your body. **For Example:**

Negative belief: I am alone. No one cares what I'm going through.

Opposite belief: I am deeply connected to others who care about me.

Chapter Three: Awakening

Before you begin

Take a moment to get settled. Sit comfortably. Notice the rise and fall of your ribcage. What part of your lungs are filling up and emptying? The collarbones? The ribcage? The belly? Put a hand on your belly at or below the navel. Bring your awareness here. Does the breath follow?

As you read

As you read, try to notice any changes in how you feel in your body, obvious or subtle. Pause and bring your awareness to your breath any time you notice any part of your body tightening, becoming numb or your breath becoming shallow. Bring awareness back into your feet or your backside again and invite the pelvis to release.

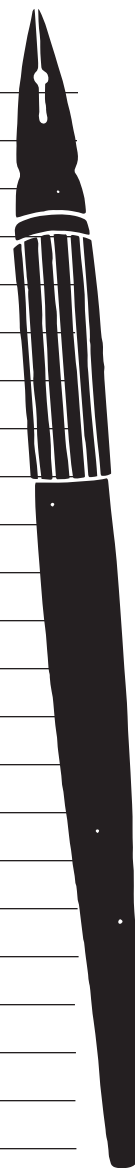
Paying attention

What did you notice in your body as you read (heat, cold, numbness, pain, tightness, contraction, ease, release, expansion, relief)? What parts of your body were communicating to you? What images or memories surfaced?

Jot down a few things you noticed.

Journal It

What stood out to you in this chapter? Did any sections speak to you personally? If so, which ones?



Chapter Three: Study questions

Do you sometimes say yes when some part of you wants to say no? Do you sometimes say no when a quieter voice inside wants you to say yes? Think of an example.

Do you experience anxiety on a daily basis? When does it arise? What does it feel like in your body? What helps to calm it down?

Do you trust your intuition? Why or why not? How do you know?

What sensations are you experiencing in your body as you explore these questions? Where are they located? What might they be telling you?

Practice: 3-Part Breath

We rarely use our full lung capacity. Shallow breathing creates and perpetuates anxiety. Bring your fingers to your collarbones and take a few breaths here. Bring your hands to both side of your ribcage. Fill here as you take a few breaths. Bring your hands to rest below your navel. Fill this space as you take a few breaths. On your next breath, fill the collarbones, then the ribs, then the belly. Exhale completely.

Do this a few times. How do you feel?