

Your Body's Story

Workbook Part II

Companion Guide to

NAKED

My Body's Story

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Part II chapter 4 - 6



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Chapter Four: Quest

Before you begin

Take a comfortable seat. If you're sitting on the floor, sit up on something to lift your pelvis higher than your knees and support the natural curve in the lower back. If you're in a chair, try to sit with your spine long. Bring your awareness to your feet. Notice your breath. Bring your hands together in front of your heart. Notice the sensation of the palms of your hands touching. Can you feel one hand more than the other? Rub your hands up and down. Is that a pleasurable sensation? Is it neutral? Do you not like how it feels? Now press your palms against one another. Notice how energy shifts inside of you. Release and shake out your hands.

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 your body tightening, becoming numb or your breath becoming shallow. Bring your awareness back to your feet or your backside again and invite the pelvis release.

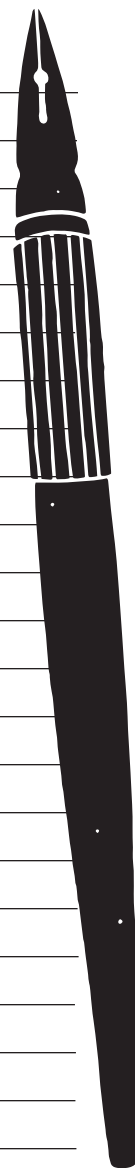
Paying attention

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 Four: Study questions

We all developed strengths that helped us cope and survive. I learned to cut myself off from emotions and push through, regardless of what was happening. What strategies did you acquire to cope or survive? How do they help you now? How do they get in the way?

How do you respond to sexual touch? Does your body tighten up or push it away? Does it relax and receive? What helps you open yourself to pleasure?

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

Practice: Creating Safe Space

Find a comfortable location where you feel safe. If you live with others, let them know that you're having some quiet time. If you're inside, close and lock the door. Remember a time when you felt totally safe. What did it feel like in your body? Where were you? How old were you? What were the sounds in your environment? The smells? The colors and the shapes? Let yourself go there now and notice what happens in your body. You can come back here anytime.

Chapter Five: Mother

Before you begin

Take a comfortable seat. Let yourself settle. Silence your phone. Notice your breath. Pay attention to your next few breaths. Look around your space. Notice any sensations in your body as you look around. Find something beautiful to gaze upon. Let yourself really see what you're looking at. What color(s) is it? Shape? Size? Where is it? What do you like about it? Notice your breath again. Has it changed in any way? Do you feel any different in your body?

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 your body tightening, getting numb, or your breath becoming shallow. Bring your awareness back to your feet or your backside and invite the pelvis to release.

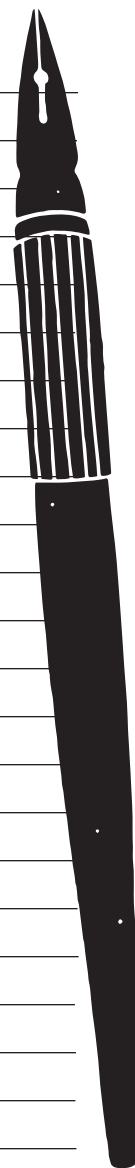
Paying attention

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Chapter Five: Study questions

Our relationship to our mother is primal. This relationship establishes how we experience ourselves in our bodies and the world. What was your relationship with your mother like? Did you feel safe with her? Protected by her? Did your time with your mother help you to trust yourself, others and the world around you?

Is there a history of sexual abuse in your family or extended family? How many generations back can you trace it?

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

Practice: Non-Sexual Self Touch

Pleasure in our bodies is our birthright. Unresolved trauma from sexual abuse often makes us distrust and dislike the body we are in. Take a comfortable seat somewhere private where you can let yourself relax.

Start with the left hand and arm. For 2 minutes, touch the left hand and arm. Set a timer. Experiment with different kinds of touch, i.e. soft, more pressure, etc. Switch hands. Did one side feel better than the other?

Did you experience pleasure? Was the sensation neutral? Did you dislike it? Now, try the feet. The shins. The face, and so on. Notice which areas you enjoy touching and receiving your own touch.

Chapter Six: Little Me

Before you begin

Take a moment to just sink in to wherever you are when you read this. What does sinking in mean to you? What do you need to let go of to be here, right now? Notice any tension in your shoulders. Check in with your belly. Take a more comfortable seat. Sit up straight and let your elbows fall directly below your shoulders. On the inhale, hike your shoulders up toward your ears. On the exhale let them drop. Do this a few times. Notice how your shoulders feel now. Notice your 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 your body tightening, getting numb, or your breath becoming shallow. Feel your feet or your backside again and let the pelvis release.

Paying attention

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

Jot down a few things you noticed.

Journal It

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Chapter Six: Study questions

Do you struggle with a sense of belonging, trust, or worthiness? Do you get angry easily without always knowing why? Can seemingly small things set you off or make you uncomfortable? Are you hard on yourself? Do you have trouble letting yourself have emotions?

Are there feelings that you have exiled from your experience? Feelings too dangerous to admit to yourself? Feelings too dangerous to feel?

Where do these blocked feelings live in your body? What would it be like to acknowledge and give yourself permission to have them now?

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

Practice: Getting in Touch with Our Resources

The experience of trauma, particularly as a child, leaves us feeling alone and isolated. Because we are designed to survive, we found and developed resources within ourselves and in our immediate environments. Think of a time when you felt really good growing up (or later). i.e. scoring points for the basketball team, sitting under a special tree, with an adult you enjoyed being around. Start a list of times you felt really good in some way. Every time a new memory comes up, write it down. These are the resources that were available to you, or you developed, that made you feel safe or less alone. What does it feel like in the body to remember them?