

| | PHYSICAL | EMOTIONAL |
|-------------|--|--|
| HYPOAROUSAL | Fatigue Insomnia Fogginess Numbness Memory Loss Addiction Restricting Fibromyalgia Chronic fatigue syndrome Lethargy Confusion | Isolation Derealization Shutdown Numbness Dissociation Grief Sadness Guilt Hopelessness Helplessness Worthlessness Deadness |

After you've identified some of your personal symptoms, take a few moments to appreciate the beginning of your healing journey. Sit comfortably in a relaxed place and begin to notice your breathing. Feel the sensations of your breath, and repeat this phrase three times, out loud or in your mind:

My symptoms are the gateway to understanding and healing.

As you say these words and take these breaths, see if you can allow yourself to feel hope. It's okay if you can't. Just try to notice how you feel, without judgment. And know that you're taking powerful healing steps.

Sit comfortably and reflect on this for as long as you like.