



Beginning Your Sensory Map

The sensory map lives in your body already. This exercise simply helps you see its shape.

Set aside a quiet moment, nothing elaborate, just enough stillness that you can hear yourself. Take a breath. Settle into your body. And begin noticing what has been true for you all along.

Part I – Your Sensory Inventory

Start by naming the sensory patterns that appear again and again.

Anchors

These are the sensations that return you to yourself; the ones your body reaches for when it needs grounding.

Ask yourself: What brings me immediate ease? *List five.*

Examples: warm light, eucalyptus steam, soft blankets, low music, skin-on-skin warmth.

Irritants

These are the cues that introduce tension; the sensations that pull your body out of coherence.

Ask yourself: What makes my breath shorten or my shoulders tighten? *List five.*

Examples: harsh lighting, persistent noise, synthetic scents, cluttered rooms, itchy fabrics.

Regulators

These sensations reorganize your nervous system. These are not your baseline; they are your interventions; they help the body settle and reorient.

Ask yourself: What helps me find my emotional center again? *List five.*

Examples: showers, incense, stretch or sway, familiar playlists, candle warmth.

Awakeners

These sensations lift your energy, creativity, or emotional clarity.

Ask yourself: What makes me feel alert, alive, or newly aware? *List five.*

Examples: sunlight, crisp air, bright citrus, movement, vibrant colors.

As you complete this inventory, notice the patterns.
Your sensory map begins to emerge here.

Part II – Reading Your Body’s Cues

Now, move from listing to feeling. Imagine these brief scenarios, and pay attention to the first shift inside your body, NOT the story your mind creates afterward.

Scenario 1

You walk into a room where a conversation has gone quiet.

- Do you feel your breath shorten?
- Does your chest tighten?
- Do you feel a subtle lift or a subtle drop?

Scenario 2

You sit beside someone who feels safe to you.

- What happens to your shoulders?
- Your jaw?
- Your breath?

Scenario 3

You hear a song from childhood or adolescence.

- Does something in you loosen?
- Does a memory rise?
- Does your energy shift?

Scenario 4

You feel a new texture against your skin.

- Do you soften into it?
- Do you want to move?
- Do you want to take it off immediately?

Interpreting the Shifts

This is where the sensory map becomes a guide.

- **Softening** often signals resonance, truth, or belonging.
- **Tightening** signals boundary, caution, or misalignment.
- **Craving** signals need... rest, warmth, quiet, nourishment, intimacy.
- **Overwhelm** signals disruption or overstimulation.
- **Energetic lift** signals clarity, alignment, or creative opening.
- **Numbing** signals protection or exhaustion.

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As you connect the inventory (Part I) with the scenarios (Part II), the shape of your internal landscape becomes clearer. Your sensory map is the architecture of your inner world, and learning it is the first step toward living in alignment with what your body has been telling you your entire life.