



Review Sheet

INTRO TO SoMATIC

As you watch the video, or after, let these questions help you absorb the material as well as gain more personal insight.

what does the word 'somatic' mean?

what's the root word of 'somatic'?

as comfortable as you feel, what types of trauma do you know or suspect that you carry? {ex. generational, collective, cultural, a specific event in your life ... }

what symptoms do you experience?

{ex. stress, anxiety, depression, PTSD, obsessions, fear of ... }

what other therapies are there? what have you tried?

how embodied aka in your body do you sense you are?

scale of 1 - 10

low

high

.....

any questions on somatic? Feel free to email hello@rebeccakamars.com