

## Changing the tone with your body

If Chapter 2: Mind Body Interactions has helped you understand a little more about how your mind and body are or have been reacting to each other, jot down what is clearer to you now. Are there ways you have been misunderstanding your body?



When you experience symptoms (or difficulties more broadly), what is your tone to yourself and/or your body? Describe it as much as you can? E.g. stern, harsh, stoic, cold, frustrated, patient, warm, calm, curious, etc.



What tone or attitude would you like to have when you experience difficulties? Describe in as much detail with examples of phrases or actions. Use the introduction to help you make this into a stepping stone goal.

*E.g. I would like to have a calm, patient tone of voice to my body when symptoms arise that put it at ease and make me feel less frustrated and urgent when experiencing pain*

A large, empty rounded rectangular box with a thin black border, intended for the user to write their response to the question above.