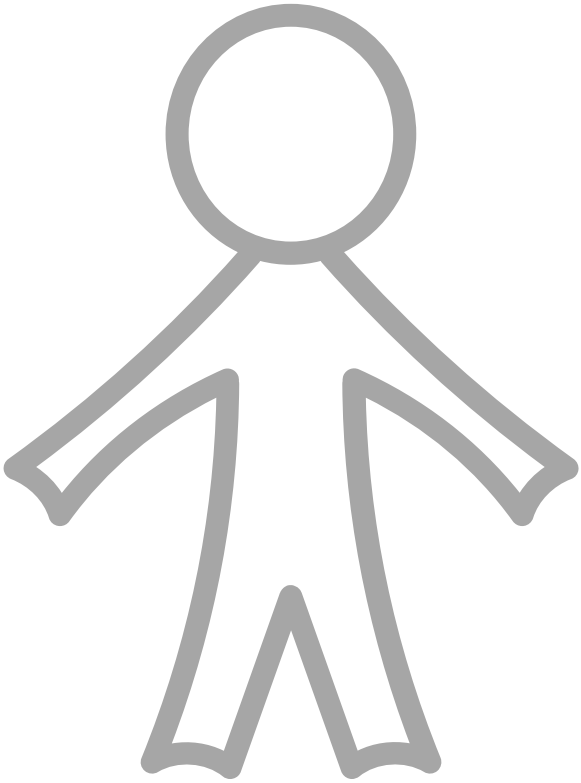
PROMPT 1

YOUR BODY



The following exercises mimicked my experience when I crafted intentions focused on my body.

QUESTIONS

YOUR BODY

PART 1 OF 3: INTENTION WRITING - BODY

Like most people, I could tell if I was stressed by how tight my shoulders were or if I had a headache. I didn't know that my body held onto trauma from childhood until I was diagnosed with PTSD. My body was reacting to stress in my adult life, just as it had when I was abused as a child.

The questions you'll find in each of the prompts are similar to the kinds of questions my therapist asked me. Focus on the ones that resonate with you.

PROMPTS	RESPOND TO AT LEAST ONE PROMPT
Jill is focusing on her body's recurring pain. I have recurring pain in	*my left shoulder. It is like a line of fire that burns from the back of my left shoulder, and it curls around to the bottom of my ear. It takes hours to go away because I feel it when I am stressed.*
Focus on your body's recurring pain. I have recurring pain in	
Focus on your body's stress response. My body reacts to stress by	
Focus on your body's physical discomfort. I feel discomfort	

QUESTIONS

YOUR BODY

PART 2 OF 3: INTENTION WRITING - BODY

Once I realized my body was communicating unresolved trauma, it made sense that I had to listen to what it was trying to say. That meant when I felt physical discomfort, I had to take a breath and focus on that area of my body. I treated that discomfort as something that could communicate with me.

I remembered past traumatic events and emotions when I slowed down enough and focused for at least 30 seconds to a minute.

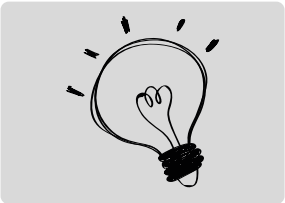
PROMPTS	RESPOND TO AT LEAST ONE PROMPT
Jill is focusing on her recurring pain. My recurring pain tells me	*that I am trapped. The first time I remember feeling that pain was when I was 10 and had just gotten beaten by my father again. I was in my room and couldn't figure out how to stop the beatings. I was trapped.*
Focus on your recurring pain. My recurring pain is telling me	
Focus on your stress response. My stress response is telling me	
Focus on your physical discomfort. My physical discomfort is telling me	

INTENTIONS

YOUR BODY

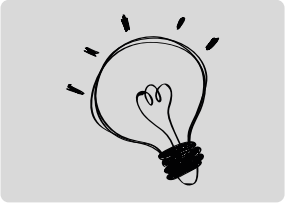
PART 3 OF 3: INTENTION WRITING - BODY

From the prompt(s) you answered is there a question or a statement that comes to mind? That could be an intention for your journey.



Jill's Body Intention:

I know my neck pain is my body's way of telling me I feel trapped. As an adult, I am not being beaten and am not trapped. How do I get my body to understand I am safe?



Your Body Intention:

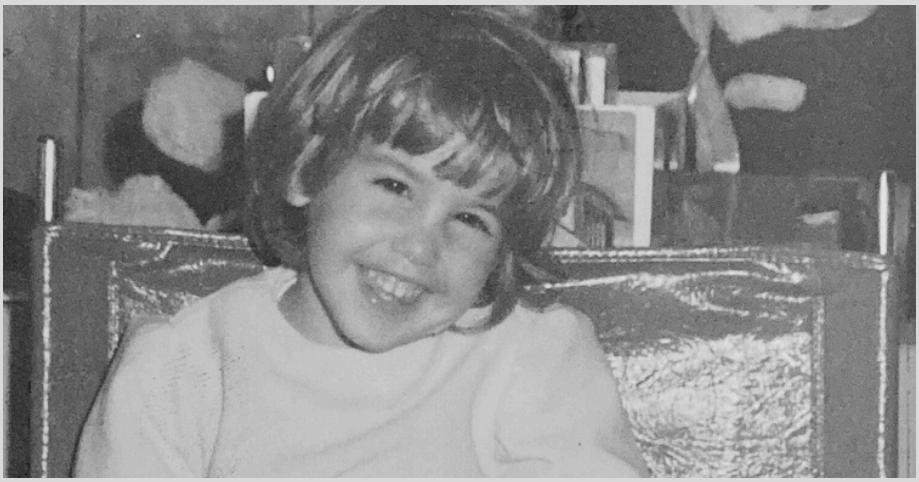
Optional: Use your imagination and draw what comes to mind when you think about your intention. What does the pain look like? What is it saying? Does it bring you any memories?

Graphic that resembles my neck pain doodles.

Jill's Tip: Drawing sometimes gave me better clarity around my intentions.

FROM ME TO YOU

Little Jill



THE JOURNEY SAGE

As you come to the end of this workbook, I want to express my sincere hope that it has been a helpful tool for you on your healing journey. I encourage you to return to these pages whenever you need guidance or inspiration. Setting intentions can be a lifelong practice to help you cultivate your best life.

I also want to acknowledge your courage in prioritizing your mental and emotional well-being. I believe we all have the capacity to heal and transform. Healing the hurts of our inner children is an amazing gift of psychedelic-assisted psychotherapy.

I wish you the best as you move forward with intention and your healing purpose.

Jill