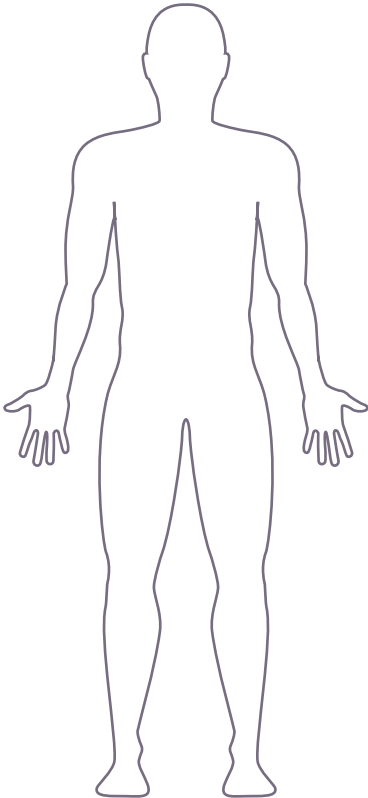


# Centering Log

Mark the spots on your body that are triggered with a “T”, and those that are centered with a “C”.  
In the spaces provided, describe the sensation for each in a word or two, using the spectrums below as inspiration.

Forehead	_____	<b>Triggered</b>		<b>Centered</b>	_____	Forehead
Eyes	_____				_____	Eyes
Jaw	_____				_____	Jaw
Neck & Throat	_____				_____	Neck & Throat
Shoulders	_____				_____	Shoulders
Chest	_____				_____	Chest
Back	_____				_____	Back
Heart	_____				_____	Heart
Breath	_____				_____	Breath
Abdomen	_____				_____	Abdomen
Arms & Hands	_____				_____	Arms & Hands
Hips & Pelvis	_____				_____	Hips & Pelvis
Rear	_____				_____	Rear
Thighs	_____				_____	Thighs
Knees	_____				_____	Knees
Calves	_____				_____	Calves
Feet	_____				_____	Feet

<b>Warm</b> ... <b>Cool</b>	<b>Fast</b> ... <b>Slow</b>	<b>Heavy</b> ... <b>Light</b>	<b>Numb</b> ... <b>Sensing</b>	<b>Relaxed &amp; Open</b> ... <b>Tight &amp; Contracted</b>
←→	←→	←→	←→	←→

Check out [embright.org](http://embright.org) for actionable steps to start thinking with your whole self.