

The Embodiment Questionnaire

Discover Your Embodied Awareness Quotient

What is embodied awareness?

Embodied awareness is a felt sense awareness of your physical body sensations and the foundation of presence. Presence with yourself, others and your environment.

Answer each question on the rating scale below the question.

0 – not at all 3 – rarely 6 – sometimes 10 – often

1. During the day I feel how my body is positioned and I sense what is around me

0 1 2 3 4 5 6 7 8 9 10

Touching into the actual sensations of how you hold yourself is a first step in becoming present in your body. Where are you and how much space is around you? Not just in front of you, but a 360 degree picture of your placement in relation to what is around you. Knowing and sensing where you are in space is an important embodiment skill, part of our biological survival orienting response. It is essential in determining danger and in navigating our reactions and choices. Feeling the physical sensations of where we are in the environment can give us the clues we need to feel safe.

2. I am aware of the internal and external sensations of my body

0 1 2 3 4 5 6 7 8 9 10

The ability to differentiate the more subtle sensations in our bodies deepens our embodiment. Sensing touch, movement, pulsation, vibration, tension and relaxation, heat and cold in the body, and the temperature of the environment etc., gives us nuanced information of how we are, where we are and where we are not in our body. Having an awareness of our physical sensations, brings aliveness and vitality.

3. I regularly move my body with walking, yoga, exercise or dance

0 1 2 3 4 5 6 7 8 9 10

Motion brings awareness to your body and breath. Motion moves emotion. When you bring awareness to your breath and body you are connecting with your greatest strength — your creative life force.

4. I regularly calm my mind with meditation or guided visualisation

0 1 2 3 4 5 6 7 8 9 10

The quickest path to having a strong embodied presence is by regularly pausing throughout the day or sitting for a more prolonged period and bringing awareness to your body and breath.

5. I feel safe and at home in my body

0 1 2 3 4 5 6 7 8 9 10

As you re-associate and re-connect to your body through embodiment practices, you will begin to become aware of the tension, stress, trauma, stories and beliefs that get in the way of you being fully present.

Acknowledging and bringing awareness to it, and allowing and accepting what is present in the moment, is the first step to coming home and feeling safe in your body.

6. I love and accept my body just the way it is

0 1 2 3 4 5 6 7 8 9 10

When you feel a greater connection to your body and see the old beliefs and stories about yourself and body for what they really are, you can begin to love and accept yourself more fully.

7. I trust my internal knowing and intuition

0 1 2 3 4 5 6 7 8 9 10

We each have an inner knowing within our being. Some call it our intuition, gut instinct, the higher wiser Self or following our heart. These messages are often communicated as a felt sense in our body.

Embodied practices teach you how to listen into your deepest nature and to follow that with trust and confidence. Training yourself to listen closely to these messages, to move on a hunch and connect to your intuition, you honour and abide in what is calling you, moving beyond your conditioning.

8. I can release tension in my body easily

0 1 2 3 4 5 6 7 8 9 10

Tension is often a sign of stress and an incongruence with your higher knowing. When we tense up we expend energy that could be used in a more creative way. Learning to bring awareness to your physical sensations quickly supports you to let go of the tension.

9. I am mindful of the beauty that surround me through my sense of sight, hearing and smell

0 1 2 3 4 5 6 7 8 9 10

When we are not embodied, our ability to perceive our surroundings fades. Consciously choosing to be aware of what you see, hear and smell around you in the present moment as well as being aware of your body through your felt senses will bring with it a deep listening presence.

10. I can sense the proximity of other people in my body

0 1 2 3 4 5 6 7 8 9 10

The awareness of others and our presence with them is crucial for relational intimacy. Listening within our body to how the presence of others is affecting us is part of our perception of safety. Many people have learned to block out the presence of others as a survival strategy. When we are not sensitive to the physical presence of others within our body, we may not pick up cues which help to have satisfying relationships.

11. I can sense in my body what other people might be feeling

0 1 2 3 4 5 6 7 8 9 10

Once we can sense the proximity of others, we can begin to sense the feelings others might be having; knowing if someone is angry, upset or is experiencing love for us. This ability is a built-in survival strategy and part of our relational nature.

12. I can sense my emotional mood and feel the sensations of that mood in my body

0 1 2 3 4 5 6 7 8 9 10

All emotions have physical sensation. To be embodied requires that we acknowledge what we feel emotionally and embrace that as best we can. Our emotional body gives us information about what we need and do not need and what we want more or less of. Emotions inform us about what is happening in our relationships and our environment.

Embodied awareness of our emotions begins the essential task of differentiating past from present. Past memories and present emotional experiences happen simultaneously in our body/mind system, which is why we can get so confused. Sensing what we are actually feeling and whether this is happening now or is perhaps an emotional habit from past coping strategies, brings clarity and workability to our emotional world.

The ability to know and tolerate what we feel without deadening or denying those feelings and to communicate what we feel responsibly are all a part of our growing maturity and signs of emotional intelligence. As much as we may believe otherwise – feeling precedes thinking, so to clarify thinking, we need to know feeling.

13. I can settle my body when I am in an intense emotional state

0 1 2 3 4 5 6 7 8 9 10

Emotions triggered in us can sometimes be stronger than what we can or want to cope with. When we are not fully embodied those emotions can cause overwhelm, disassociation and body discomfort.

If we have trauma in our history, overwhelming emotions can send us right back into that trauma. Even strong positive emotions like joy or being in love can trigger a traumatic response. Learning how to settle yourself, to pause, to take a time-out is not a skill most of us have learned. We have been conditioned to escape our feelings and bodies when it all gets too much. Embodiment practices teach us how to feel and move.

14. I can skilfully express my emotions

0 1 2 3 4 5 6 7 8 9 10

Knowing that you are able to feel is first; being aware of what those feelings are, and what they might be about, comes along next. Knowing how to make room for the feelings in your body is necessary for embodiment because we are feeling creatures.

Allowing expression of our emotions through awareness, movement and voice can release the energy of the emotion. Emotions that are not felt and expressed are a recipe for anxiety, depression, illness, and general malaise.

15. I can allow others to be physically close

0 1 2 3 4 5 6 7 8 9 10

Humans cannot survive well without touch. Touch awakens our sensations and allows intimacy and closeness with others. For many of us, physical closeness has come with harm, particularly in childhood. As we reside in the full, rich embodiment of bodily sensations, we feel safe. This foundation of safety supports us to allow and surrender to the touch of another.

16. I can extend love in physically affectionate ways

0 1 2 3 4 5 6 7 8 9 10

Part of being embodied is our capacity to merge with others when we choose. To offer love and receive it is in many ways a definition of our basic humanness. Physical affection is fuel for our familial and platonic relations, as well as, being the currency of our eroticism, sexual pleasure, and sexual expressions.

When we have been shut down and disembodied, it is hard to trust ourselves and others. Embodiment practice slowly but surely grows that fundamental felt sense of trust and willingness to reach out and to be reached.

17. I am aware when I am lost in the stories I make up

0 1 2 3 4 5 6 7 8 9 10

Our minds can easily get caught in habitual stories and beliefs that do not serve us and keep us from living in the present moment. Often these stories have something to do with feelings of not being or having enough. Whether our minds habit is to ruminate in the past or to dwell in the future, getting lost in our stories takes us away from being present in our body and with others.

With practice, noticing when you are lost in stories will wake you up. That noticing, will remind you to use your embodied resources and return to the present moment.

To determine your *Embodied Awareness Quotient*, add up your total score from the 17 questions.

0 – 50 = *No body is home*. Perform Embodied CPR immediately: Embodied breathing, movement, meditation. Join the next Embodied Awareness – The Art of Listening and Presence course.

51 – 101 = Ok, I see a sign of life, good going. Commit to moving your body and calming your mind regularly and join the next Embodied Awareness – The Art of Listening and Presence course.

102 – 135 = You have a moderate level of embodiment. Begin regular embodiment practice and join the next Embodied Awareness – The Art of Listening and Presence course.

136 – 170 = Good onya mate! Keep up the great work. You are considered (at least in my book) a very embodied person. Still... you might consider joining the next Embodied Awareness – The Art of Listening and Presence course. You won't regret it.

For more information on the Embodied Awareness – The Art of Listening and Presence course, go to www.listeningpresence.com