

# My Pain Body

## PROCESS & PLAYSHEET

### Exercise

First lets take a moment for you to sense your body as this process is done through sensing your body and accessing your feelings and your thoughts.

Take big deep breath and let yourself have a whole body sigh. Allow yourself to do this two more times on the out breath sense your shoulders dropping down your back, and tension draining through your feet.

In this process we'll check in with your body, feelings and thoughts as to what triggers you about your experience as a mother. You may uncover some old unhelpful patterning that developed from your own childhood or earlier adult experiences. That's awesome! The first and most powerful step to healing these old patterns is by bringing them into your awareness.

And know that if any time during this process you feel uncomfortable it's ok to 'turn the volume knob down on it' or stop the process completely. It's important that you feel emotionally safe and know that you're in control.

And for some of you it might be helpful to invite a sense of safety through a prayer or calling on a divine being or presence whom you trust, or simple calling to mind a memory of when you felt safe and allowing that to be a cellular knowing in your body.

Let's get started:

**Describe a scenario where something about being a mother triggered you. Keep it to an example that's mild-moderately stressful, as its important to have 1:1 support for the big ones! :**

**eg.1. When my mother-in-law comes to stay and she makes unhelpful comments that reflect on my parenting.**

**Eg. 2 .Feeling stressed and then noticing other mothers with their children who seem to have it all together.**

**Describe your scenario on the following page:**

Focus on your Bodyfulness: What was happening in your body: sensations, posture, tone of voice, actions?

Focus on your Heartfulness: What were you feeling? Name any feelings that you had a strong sense of?

Focus on your Thoughtfulness: What were you thinking? What words did you say, or what went through your mind?

These thoughts can give us insight into our beliefs about ourselves as women and as mothers. You may have formed Pain Body beliefs about yourself from previous experiences, and may still get triggered by these today.

Examples of Pain Body beliefs:

*I'm not good enough*

*I have to do things perfectly to be lovable*

*I not interesting enough/ pretty enough/ smart enough/ confident enough etc*

*Its like I'm invisible. I'm not worth it*

*I'm too much for or better than everyone else*

*I'm a fraud. If only people knew the **real** me*

Write down what you think are your Pain Body beliefs:

Consider if there is a way you can symbolize your Pain Body? Eg. Give it a name, a character (such as 'the Grinch'), a shape, colour, animal etc.

This can help you externalize or project this painful aspect of yourself. It provides a distance from your Pain Body, and allows you to be more objective and self-compassionate whenever you are triggered.

**Name or draw your Pain Body symbol below:**

*Well Done. I'm so proud of you.*

This sort of self-discovery takes courage and is not for the faint hearted. I want you to know how much I honour you for doing this work.

Report back to the [Mama Village Facebook group](#) and share the body wisdom, feelings, thoughts, beliefs and symbols of your Pain Body.