Supported Body Scan

Head

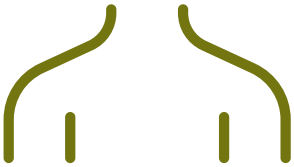
How fast your are thoughts running? 1-10

Jaw

How tight are your jaw muscles? 0-10

Back of the neck

How tight are your jaw muscles? 0-10



Shoulders

How tight are your muscles? 0-10

Chest

knot? pressure? tension? movement? heaviness? nausea? emptiness? How strong is the sensation? 0-10

Stomach

knot? pressure? tension? movement? heaviness? nausea? emptiness? How strong is the sensation? 0-10

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