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# **BODY WISDOM THERAPY**

**Pat Ogden PhD**

**Understanding the  
Wisdom of the Body**

*STEP BY STEP WORKSHEETS  
A Guide to Clinical Practice*



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*The Sensorimotor Psychotherapy step by step worksheets are designed to complement Pat Ogden's online series "Body Wisdom Therapy" at [www.wisemind.com](http://www.wisemind.com) as well as her live [www.byronclinic.com](http://www.byronclinic.com) training events.*

*Pat Ogden PhD is a pioneer in somatic psychology and both Founder and Education Director of Sensorimotor Psychotherapy Institute®, an internationally recognized school specializing in somatic–cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. Pat works closely with disruptive attachment which is outlined in her book 'Sensorimotor Psychotherapy - Interventions for Trauma and Attachment.' Co-authored by Janina Fisher PhD and published by WW Norton & Co. (2015).*

Test your Body Wisdom Therapy Skills on [wisemind.com](http://www.wisemind.com)

**TAKE THE QUIZ**

## Chapter 4:

## Wisdom of the Body Exploring Your Relationship to the Body

Purpose: To become aware of some of the feelings, views, and attitudes you have about your body as a first step in learning to appreciate the wisdom of the body.

Directions: Rate the following statements by circling either *strongly disagree*, *disagree*, *neutral*, *agree*, or *strongly agree*.

<i>I feel that I am connected to my body.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I view my body as a complication.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I try to ignore my body.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I override my body by “powering through.”</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>My feel that my body supports me.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I am content with my looks.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I am disappointed with my physical strength.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I am unhappy about my weight.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I can count on my body.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I have a lot of discomfort in my body.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I rarely notice when I feel pain, hunger, or other bodily signals.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I push myself beyond my limits.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I don't really notice bodily signals of when I feel fine or OK.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I am only aware of my body when I don't feel well or my body is injured.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I am ashamed of my body.</i>	strongly disagree • disagree • neutral • agree • strongly agree
<i>I use my body to do things I enjoy: hiking, running, working out, yoga.</i>	strongly disagree • disagree • neutral • agree • strongly agree

What did you learn from this assessment about how you view your body? Were any of your responses surprising or concerning? Discuss what you learned with your therapist.



## Chapter 4:



## Wisdom of the Body Attitudes and Actions

Purpose: To identify how you feel about your body and how you treat your body and to reflect on the connection between them.

Directions: As you think about your relationship with your body, try to pinpoint what you like and dislike, and describe below. Then think about the ways that you treat your body and describe in the second section below. When you are finished, answer the question at the bottom of the page.

### HOW DO YOU FEEL ABOUT YOUR BODY?

	List what you <i>like</i> about your body.	List what you <i>dislike</i> about your body.	

	List ways you <i>respect and take care of</i> your body.	List what you <i>don't respect or take care of</i> your body.	

Reflect on the connection between how you feel about your body and how you treat your body. Which attitudes and actions promote your well-being and which might you want to change?

What first steps might you take toward that change?

## THIS IS A PREVIEW OF THE BODY WISDOM WORKBOOK

wisemind.com members can access the full  
workbook. [Try our 7 day FREE trial.](#)