

WB 1.2 — The Body

Expands on Chapter 2 (The Body) in the manual, Chapter 2 in *Shoulder the Bill*.

Purpose The body is the upstream regulator — when your nervous system is activated, thinking does not work until the body settles. This page helps you read your early signals and build a reset you can reach for fast.

How to use this page

When: Map your body during a calm state so you know your baseline. Use the reset and your TIPP tool in the moment.

Done when: You have mapped where you feel each emotion and named the one reset that calms you fastest.

Worked example

My early warning signs: jaw tightens, shoulders rise, breathing goes shallow.

Where I feel emotions: anxiety in my chest, anger in my jaw and hands, joy as warmth in my chest.

My fastest tool: cold water on my face settles me in under a minute.

Anchor Phrase: *'My body is giving me information, not a verdict.'*

Protocol: 1. Notice. 2. Name. 3. Loosen. 4. Breathe. 5. Move or hydrate. 6. Check.

Loop stage: Notice → Name → Ground

My early body warning signs:

My body calms when I:

Where I feel specific emotions in my body (map during a calm state) — anxiety, anger, sadness, shame, joy:

My easiest movement or hydration reset:
