

WB 2.2 — Interoception Body Map

Use with Chapter 2 (The Body) in the manual, Chapter 2 in Shoulder the Bill. Map your signals during a calm state.

Purpose This map builds your interoceptive vocabulary — the ability to read your body’s signals early. Knowing what each region feels like calm versus stressed lets you catch activation before it takes over.

How to use this page

When: Complete during a calm, regulated state so you have a clear baseline to compare against.

Done when: You have described at least three body regions calm versus stressed, and named your single earliest signal.

Worked example

Chest when stressed: tight, shallow breathing. When calm: open, easy.

Stomach when stressed: knotted. When calm: settled, unnoticed.

My earliest signal: my shoulders rise before I notice anything else.

Anchor Phrase: ‘My body is giving me information, not a verdict.’

Loop stage: Notice → Name → Ground

Head, face, neck and shoulders — stressed versus calm:

Chest and stomach — stressed versus calm:

Arms, hands, legs and feet — stressed versus calm:

My earliest body signal (the first thing that shifts before I am fully activated):

My fastest response to that first cue:

☐ Self-Reward Loop completed