

WB 2.2b — Somatic Tools Practice

Use with Chapter 2 (The Body) in the manual, Chapter 2 in *Shoulder the Bill*. Practise Resourcing, Titration, and Pendulation.

Purpose Three body-based tools for working gently with strong sensation: Resourcing (anchoring in safety), Titration (approaching charge one drop at a time), and Pendulation (oscillating between the two). They build capacity without overwhelm.

How to use this page

When: Practise from a calm-to-moderate state. Never push into high distress — small and gentle is the method, not a limitation. If you feel flooded or the sensation climbs instead of easing, stop and return to your resource; that is the skill, not a failure. Always end on your resource, not on the charge.

Done when: You have named a resource, practised one titration cycle, and noticed whether sensation shifted without forcing.

Worked example

My resource: my grandmother's kitchen — warmth in my chest.

Charged sensation approached briefly: tightness in my throat, 5 seconds.

After a few cycles the tightness eased on its own, without forcing it.

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

Loop stage: Notice → Name → Ground

My resource (a person, place, or memory that carries a felt sense of safety), and where I feel it in my body:

Titration — the charged sensation I approached briefly, and how many cycles before it shifted:

Pendulation — what I noticed moving between sensation and resource:

Did the sensation shift without forcing it? ☐ Yes ☐ Partially ☐ Not yet

☐ Self-Reward Loop completed