



90-Second Body Scan Instructions

Choose **ONE** method below:

Option 1: Use a Timer (Simplest)

1. Set a timer for 90 seconds
2. Close your eyes or soften your gaze downward
3. Scan slowly from head to toe, noticing any sensation without judgment:
 - Head and face
 - Neck and shoulders
 - Arms and hands
 - Chest and abdomen
 - Back
 - Hips and legs
 - Feet
4. If your mind wanders, gently return to the last place you noticed something
5. When timer ends, open your eyes and write one thing you noticed:

"No 'good' or 'bad' sensations—just data. Even noticing 'I feel nothing here' is valuable."

Option 2: Use a Guided Audio (For Deeper Focus)

1. Record yourself saying **ONLY**:
"Notice your head... neck... shoulders... arms... chest... back... hips... legs... feet..."
(Pause 8-10 seconds between each area)
2. OR find a 90-second body scan (search "silent body scan timer" on YouTube)
3. Play it while scanning, letting the words guide your attention
4. Afterward, write what surprised you:

Key Reminders

- Do not try to change anything—simply observe like a scientist studying weather patterns
- "Nothing to fix" mindset: Sensations are not problems—they are your body's language
- 90 seconds is sufficient: Longer sessions often lead to more thinking and less feeling
- If stuck, focus on temperature or pressure ("Is this area warm or cool? Heavy or light?")

"This exercise is not about relaxation—it is about building trust with what your body already knows."