



PRESENCE-BASED®
COACHING

Excerpted from *Presence-Based Coaching*

Practice 7.4: Experiencing Somatic Responses to Others

Your nervous system is constantly working as it anticipates what's coming next. With your new-found somatic awareness, you can tune into this and watch your somatic reactions to people in your environment. Jot down notes to help build the discipline of observation.

For example, notice the sensations in your body when you see someone with whom you have unresolved tension. Where do you tighten? Where is there increased energy? Where is there movement, or an urge for movement? What is triggered?

Now notice what happens in your body when someone you love enters the room. Notice what is going on in your body as you sit around a table waiting for a meeting to begin. Notice what happens in your body if you're the one who's late, and others are watching you arrive!

You can experiment while watching movies too. When the antagonist comes on screen and the dark music plays, what happens in your body? When there is a resolution of tension, where specifically do you relax? When the violins lead into a moment of intimacy, where do you feel that in your body?

Daily life gives you an extraordinary range of opportunities to notice your somatic reaction to people and events. Practice!