

know your own *voice*

Discover what is (and isn't) right for you
so you can make those (small & huge) decisions
that shape the rest of your life

In this exercise, you'll be learning your own voice — how your body says YES and NO.
Your body doesn't lie.

You'll be asking yourself a series of questions and then sensing for your responses to those questions.

You'll be using your interoception — your inner sense — to sense internally, the way you would if a healer asked you to explain the feeling and location of a particular pain in your abdomen without pointing to it.

Part 1: Finding your body's YES and NO

1. Take a moment to get quiet and perhaps close your eyes.
2. Place your hands on your body, perhaps on your heart and low belly, as this is where you'll be directing your questions and sensing for answers.

Take a few breaths that are slower and more deliberate than usual.

3. Ask yourself a series of questions to which you know your answer is YES:

"Do I love (someone or something you love)?"

"Do I feel confident when I (something you are confident doing)?"

"Do I enjoy (something that brings you pleasure, perhaps a scent, taste, or touch)?"

"Is my name (your name)?"

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4. For each question/response, feel free to write down what you feel and where you feel it.

5. Note the common thread between the sensations and emotions you noticed, and where you noticed them, in all YES answers.

This is how your body says YES.

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6. Now, ask yourself a series of questions to which you know your answer is NO:

"Do I love (someone or something you hate)?"

"Do I feel confident when I (something that has you doubt yourself)?"

"Do I enjoy (something you detest, perhaps a scent, taste, or touch)?"

"Is my name (someone else's name)?"

7. As you sense for your responses to each question, bring your awareness to your body (beneath your hands) and notice what sensations and emotions you feel, and where precisely you feel them.

8. For each question/response, feel free to write down what you feel and where you feel it.

9. Note the common thread between the sensations and emotions you noticed, and where you noticed them, in all NO answers.

This is how your body says NO.

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Part 2: Following your body's YES and NO

1. On a daily basis, ask your body (yourself!) what I call “low stakes” questions and listen for your YES or NO.

Some suggestions of “low stakes” questions to ask yourself are:

“Wear this skirt or these pants?”

“Peaches or guavas?”

“Coffee or tea — or water?”

“Make a detour into that store?”

“Say that awkward thing now?”

“Stay in tonight or go out?”

2. Follow the YESes and NOs that you sense.
3. As you get more comfortable with this, work your way up to “higher-stakes” questions like,

“Go on a second date with them?”

“Have the baby?”

“Take the promotion or quit?”

“Start this business or that one?”

Enjoy practicing finding and following your body's YES and NO — your own voice.