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*What if most of what you call “thinking” is actually your body talking — and you’ve just been ignoring it?*



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*You have a gut feeling right now about something. Can you name it, or have you trained yourself to override it?*



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*When’s the last time you actually felt your body — not looked at it, not judged it — just felt it from the inside?*



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*Your body is sending you signals right now that you’re completely ignoring. What do you think they are?*



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*Did you know you have three entire sensing systems — interoception, proprioception, and exteroception — and most people can’t name even one?*



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*What if anxiety isn’t “in your head” at all — but a message from your stomach, your chest, or your throat that you never learned to read?*



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*Can you feel your heartbeat right now without touching your chest? What happened to that connection?*



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*Why do we trust our eyes and ears but dismiss what our gut tells us — even when the gut is right more often?*



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*If someone asked you “How does your body feel right now?” could you answer with anything more specific than “fine” or “tired”?*



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*You’re holding tension somewhere in your body right now. Where is it? How long has it been there without you noticing?*





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*What if the reason you can't "get out of your head" is because you never learned how to get into your body?*



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*When you walk into a room and something feels "off," do you listen or dismiss it?*



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*What would change if you treated your body's signals with the same respect you give your thoughts?*



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*Have you ever been so disconnected from your body that you didn't notice you were hungry, cold, or in pain until someone pointed it out?*



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*Why do we spend years training our minds in school but zero time learning to understand what our bodies are telling us?*



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*Your body knew you were stressed before your mind did. Why don't we teach people that?*



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*What if the first step to understanding yourself isn't thinking harder — but shutting up and feeling?*



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*Close your eyes for three seconds. What did you notice?*



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*Do you think of yourself as someone who lives in their body, or someone who carries their body around like luggage?*



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*What would happen if you spent one minute a day just listening to your body — no fixing, no judging — just listening?*

