

Somatic Tracking Worksheet

This worksheet is like a cheat sheet for somatic tracking. It collects the safety appraisals and other tools on a sheet of paper that you can quickly refer to.

What symptom are you targeting? This can include an area of pain (i.e. back pain), a general symptom (i.e. fatigue, tinnitus), or a sensation.

Safety re-appraisal statements that are focused on the evidence that your pain is nociplastic or sensitized. This can include any evidence from the evidence chart.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

Personalized safety re-appraisal statements. This is where you can put soothing and encouraging safety messages for your nervous system.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

Personalized self-compassion statements.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

Positive Affect Induction. This section is for reminders of what you can use to help put you more at ease, such as places where you feel safe, objects, people who make you feel safe, or things you will use to help you feel more at ease.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____
