

The Barrier in the Body

Self-sabotage is not just a mental pattern—it is a somatic one. The body holds the memory of why staying small felt necessary.

Think of a time you recently sabotaged yourself. Where did you feel the urge to stop, quit, or destroy in your body?



Mark the figure above:

- Draw WALLS or BARRIERS where you feel resistance to growth
- Draw CHAINS where old patterns feel locked in
- Draw a KEY where you sense the potential for release

The body knows the way out. Trust it.