

WORKSHEET 2

Body Signal Translation Map

Pick one symptom and translate what it is trying to tell you — medically, psychologically, and spiritually.

Important: If you are experiencing chest pain, shortness of breath, or any acute emergency — go to the emergency room first. Come back to this exercise when you are safe and stable.

STEP 1 — NAME THE SIGNAL

What symptom are you working with?

Fatigue, recurring tension, low mood, a chronic condition, a new finding — anything counts.

When does it appear? What are the circumstances around it?

Time of day, situations, people, environments, emotional states.

STEP 2 — TRANSLATE ACROSS THREE DIMENSIONS

MEDICAL

What is the body doing physically? What system is activated?

e.g. immune response, inflammation, nervous system activation

PSYCHOLOGICAL

What stress, emotion, or unmet need might this reflect?

e.g. burnout, grief, boundaries, feeling unheard

SPIRITUAL

What might this symptom be trying to teach or protect you from?

e.g. needing rest, needing to receive, a lesson not yet learned

STEP 3 — INTEGRATE

What might this symptom be protecting you from — or protecting you for?

Not every symptom has a deep answer. But it is worth asking.

What boundary or change might your body be asking for?

What is one thing you can do — medically or personally — in response to this signal?

This could be a doctor's appointment, a conversation, a habit, or simply a moment of rest.
