

The Body Keeps The Score

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

What small ritual (a warm bath, a walk, a favorite blanket) helps your body feel safe and settled after a hard day?

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WARM-UP

2

Was there a page or idea in this book that made you exhale and think, oh, that is me too?

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DISCUSSION

3

The book talks about how our bodies remember. What is a comforting memory that lives in your body, like a smell or a song that instantly softens you?

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DISCUSSION

4

Reading about how connection and safety help us heal, who in your life makes your nervous system feel at ease, and how do they do it?

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DISCUSSION

5

Van der Kolk explores gentle practices like breath, movement, and touch. Which one felt most inviting to you, and did you feel like trying it after reading?

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DISCUSSION

6

Did any part of this book make you feel more tender toward your younger self, and what would you want to tell them?

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DEEP

7

The book suggests healing often happens slowly and in relationship with others. When have you felt genuinely cared for during a hard stretch, and what made it feel safe to lean on someone?

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DEEP

8

After sitting with this book, what is one gentle way you want to be kinder to your body or mind, and how could this group cheer you on?

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