

SOMATIC ENNEAGRAM MAPPING WORKSHEET

Somatic Practice & Integration

Notice — Pause — Allow

"Allow does not mean endorse, but to be with — to include." – The Narrative Tradition

"What you resist, you persist." – Richard Rohr

"This being human is a guest house. Every morning a new arrival." – Rumi

Step 1. Identify a Pattern

Choose one familiar pattern in your Enneagram type that tends to feel charged, automatic, or hard to change. This might be something you'd like to meet differently — not to fix, but to understand.

Prompt:

- When does this pattern show up most often?
- What sets it off?
- What do I hope or fear in that moment?

My Pattern:

Step 2. Recall Three Real Moments

Bring to mind a few times when this pattern has shown up in your life. You'll use one of these to map the somatic pattern.

Moments when this shows up:

1. _____
2. _____
3. _____

Step 3. Map the Experience Using SIBAM

Experience unfolds through the body. Tracking it helps us bring awareness into motion.

SIBAM Element	Guiding Questions	Your Observations
S – Sensation	What happens in your body when this pattern activates? (Tightening, heat, numbness, breath holding, collapse...)	
I – Image	What pictures, memories, or imagined outcomes arise? What do you anticipate or visualize?	
B – Behavior	What do you do next? (Speak, withdraw, fix, perform, avoid, smooth over, push harder...)	
A – Affect (Emotion)	What emotions arise? (Fear, anger, sadness, shame, urgency...) Where do you feel them in your body?	
M – Meaning	What story or belief underlies this pattern? ('I'm only safe if...', 'I have to...', 'I'll be rejected if...')	

Step 4. Witness & Allow

Allowing is not approval; it's the willingness to stay present.

As you look at your map:

- What part of your body feels most active?
- Can you pause and breathe with it — not to change it, but to be with it?
- What happens when you stay?

Notes:

Step 5. Repatterning – A New Possibility

If your body could respond differently, what would it want to try?

Is there a softer posture, a slower breath, or a small movement that feels more truthful?

What sensation arises when you imagine doing something different?

My body's new response:

Step 6. Integration

The space between stimulus and response — that is where we change.

- What did you notice about your type's automatic pattern?
- What shifted when you allowed it to be felt?
- What quality of presence is available now?

Reflections:

"May your awareness grow wider, your breath deeper, and your
body softer to the wisdom within it."