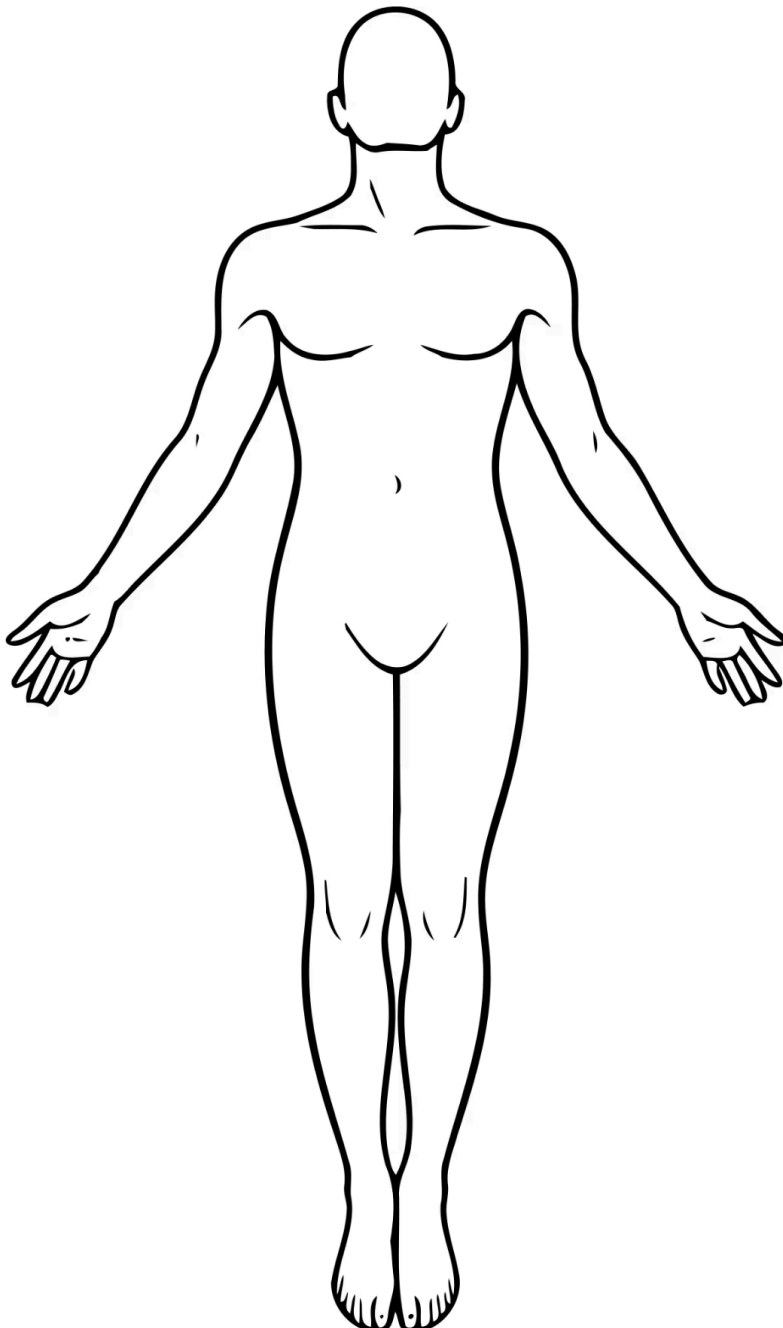


Somatic Mapping Worksheet

This worksheet invites you to explore how your Enneagram type lives in your body. Use the outline below to map sensations, areas of tension or ease, and the energy patterns you notice. There's no right or wrong way to do this — the goal is awareness, not accuracy.



Reflective Prompts:

- Where do you feel your type's energy in your body? (tension, heat, openness, etc.)
- What sensations arise when you're stressed or triggered?
- What sensations arise when you feel safe, grounded, or connected?
- What movement or posture best represents your type's energy?
- What might integration or softening feel like in your body?

Reflection:

After mapping, take a few moments to write what you noticed. Did anything surprise you? What sensations, emotions, or shifts stood out?