

RELEASE
NOVEMBER 11,
2023

VOL.1

SESSION 2

INNER SOUND



JOURNAL

38

PAGES

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INNER SOUND

Session #2

Are you ready to continue? Let's start with the exercises for week #2 - What Happens? Your Bodily Sensations.

SESSION # 2 - YOUR BODILY SENSATIONS

Welcome to session 2. I hope you're loving the process of getting to know yourself better regarding how you deal with sounds.

I just love getting to know myself better and better and I see it as a process of self-care, self-love and of befriending myself more and more. Even that Sound Sensitive part of all of me. **Do you experience it that way too?** I hope so!

You have done the introduction and session #1 so far and please, do keep on going forward at a pace that suits you. Do pace yourself during this process to get the best results. Allow yourself that time. **There is no rush at all.**

It's essential to get to know yourself more and more. This way you can start making more conscious decisions regarding sounds and it will take you forward in your desired direction.

How to move forward on your path? One way is to keep on going. A perfect decision doesn't exist. It is just a decision that you take with the best of intentions. From there on it's about constantly adjusting and fine tuning your steps and moving closer to your goals. Also, regarding your goals regarding your sound sensitivity.

So here we go. You are ready for session #2 and the next step on your journey. Remember it is all about playing (doing the exercises) and resting (taking a break) when you need to. **Let's move forward together!**

SESSION #2 - YOUR BODILY SENSATIONS

In this session you will closely at what actually happens when you are being triggered by certain impulses and sounds.

Now when you hear sounds that trigger you a whole lot of things happen in your body and brain and these things happen so incredibly quickly that it's interesting to actually zoom in on it as much as you possibly can. You are going to do your best to look at it as if it is happening in slow motion. In later sessions I will teach you how to zoom out again ;)!

Take your time to become aware of what happens inside of you when you are being triggered. It's very important to be able to gently change your responses to sounds and to find the proper self-care tools that will work for you given your personal situation.

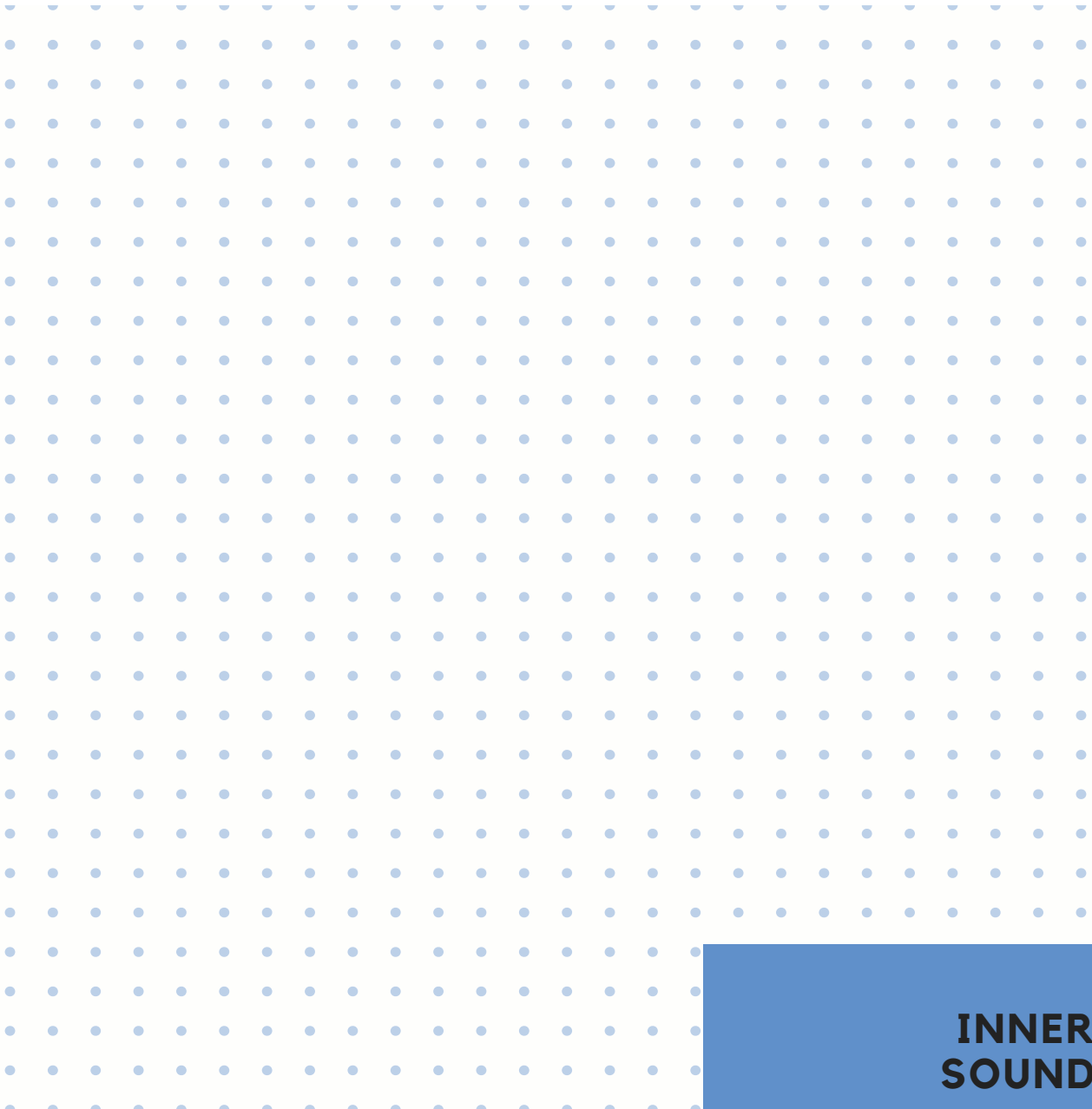
"It is just a sound. Not a threat!"

Repeat it 1000 times if needed!

Try this. See if it works for you. Each time when you are being triggered in the next couple of days, stop doing what you are doing. Leave the room if needed and find a room or corner where you can be on your own or will be undisturbed. Calm yourself first. Breathe in. Breathe out. Do this too: repeat the following sentence inside of your head to calm your brain: *"It is just a sound. Not a threat!"*, a sentence taken from the book of Thomas Dozier. Also try the exercises on the next couple of pages!

SESSION #2 - YOUR BODILY SENSATIONS

"It is just a sound. Not a threat!"



SESSION #2 - YOUR BODILY SENSATIONS

Triggering sounds

When you're feeling calm (again), think back. Do this for each triggering sound separately that you heard today for example.

- What triggering sounds did you hear?
- What happened to you? Thus...What was psychically happening in your body in regards to that specific sound?
- What did you do?
- Or would you have wanted to do, only didn't do?

Use the next page for your notes.

