Why Does the Body Remember What the Mind Forgets?

Take this slowly, with a pen. There is nothing to fix and no right answer. You are only noticing. If a question feels like too much, skip it, or come back to it another day. Nothing here is a test, and nothing here is a diagnosis.

1. Think of one moment when your body reacted before your mind did: a sudden sound, a touch, a raised voice. What did your body do first? (Shoulders, breath, heart, stillness?)

2. When did you last flinch or startle? Did it arrive without warning, or did you see it coming? Does surprise seem to matter more for you than volume?

3. Which cues does your body seem to recognise: a voice, a smell, a season, a place, a date? Write them down without explaining them.

4. Is there a feeling you carry that has no story attached to it? What is it like, in words, a colour or a shape?
   You do not need to find where it came from.

5. Have you ever frozen, gone blank or gone quiet when you wanted to act or speak? What did you say to yourself afterwards? Would you say the same thing to a friend?

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6 What was your family's sentence for hard things: "bhool ja", "ghar ki baat ghar mein", "log kya kahenge", or something else? What might it have protected? What might it have cost?

7 How heavy is your load lately: sleep, rest, worries, people you are caring for? Could a tired body be turning the volume up on an older reaction?

8 Which ways of seeing from the episode felt closest to you, and which felt like they belonged to someone else? (The fast alarm, surprise, a feeling without a story, freeze and shame, a cue or a heavy load, family silence, plain exhaustion.)

Several can be true at once. None is the "real" one.

9 If your body could say one kind sentence to you right now, what might it say?

When it is more than this

If reactions like these last for weeks, bring nightmares or flashbacks, make you avoid places, people or sounds, leave you on edge or numb, or get in the way of your sleep, work or relationships, it is worth speaking with a qualified professional or your doctor. Not because something is wrong with you, but because there is help that works.

If you need support right now

India: Tele-MANAS 14416 US: call or text 988 UK and Ireland: Samaritans 116 123
Elsewhere: findahelpline.com In immediate danger, call your local emergency number.

This is education, not therapy. If you are struggling, please reach out to someone you trust or a professional. Sessions with me are online and open to clients worldwide.