

THE BODY'S LANGUAGE
A COMPANION GUIDE

How to Use These Pages

When Your Body Has Something to Say

Your body is wise. Listen with kindness.
Jeanne Love Spotts

Welcome

These pages did not begin as a teaching tool. They came out of a simple realization: most of us were never shown what our own body is telling us until it gets loud enough to interrupt everything else.

This guide comes in two parts. Part One walks you through how to use each kind of page. Part Two holds the pages themselves — the scenario cards, the quick guide, the fluency page, and the four steps — sized to view right here on your phone or to print.

What You'll Find in Part Two

The Scenario Cards — a moment, mapped onto the body

The Quick Guide — six emotions at a time, and where they tend to live

The Fluency Page — a marker for what it feels like once the language is familiar

How to Listen, Any Time — the four steps underneath all of it

Keep this guide near you. Return to it when your throat tightens or your stomach drops and you're not sure why.

PART ONE

The Scenario Cards

Some moments are so ordinary you'd almost miss them — someone talks over you mid-sentence, or you hear yourself say yes when every part of you meant no. The scenario cards take one of those moments and show you where it tends to settle in the body.

Each card points to a specific place — the throat, the chest, the stomach — because old wounds and hard relationships rarely announce themselves. Most days they show up as tightness, or a drop, or a weight you can't quite name.

How to use it

Read the scenario first. If it matches something recent, place a hand on the spot the illustration points to. Sit with the question underneath it for one full breath before you answer. There is no wrong sensation, and no timeline for the noticing.

The Quick Guide

Once you've noticed a sensation, the quick guide pages help you find its name. Six emotions per page, each with where it commonly lives in the body and a short line to ask yourself.

Start with the sensation, not the label. If your chest feels heavy, look for heaviness before you look for a feeling you think you 'should' be having. The body is usually more honest than the vocabulary we've been given for it.

How to use it

Scan the page for the feeling in your body first — tight, hollow, sinking, heavy. Let that lead you to the closest match. These pages aren't a diagnosis and they aren't complete. Use them as a hand pointing you back toward your own body, not the final word on what you feel.

Fluency

Fluency isn't a finish line — it's what happens quietly, after enough practice, when you stop needing the translation. A tight throat still means something, but you no longer have to stop and look it up.

This page marks that shift. The same body, the same places, without the questions handed to you — because by now, you're the one asking them.

How to use it

Use it as a check-in, not a test. If a sensation shows up and you already know what it's asking, that's fluency. If it doesn't yet, that's simply where you are right now — and the earlier pages are still here for you.

How to Listen, Any Time

Underneath every card in this guide is the same four-step rhythm: Notice, Breathe, Ask, Listen. You don't need a scenario or a quick guide page to use it — it works standing in line, mid-conversation, or lying awake at 2 a.m.

Notice what your body is doing right now, without rushing to change it. Breathe, giving the sensation room instead of pushing past it. Ask what it's trying to protect you from — not to interrogate it, just to ask. Then listen, and let the answer arrive in its own time, even if that answer is 'I don't know yet.'

This is the one page in this whole guide worth memorizing. Everything else here is a variation on these four words.

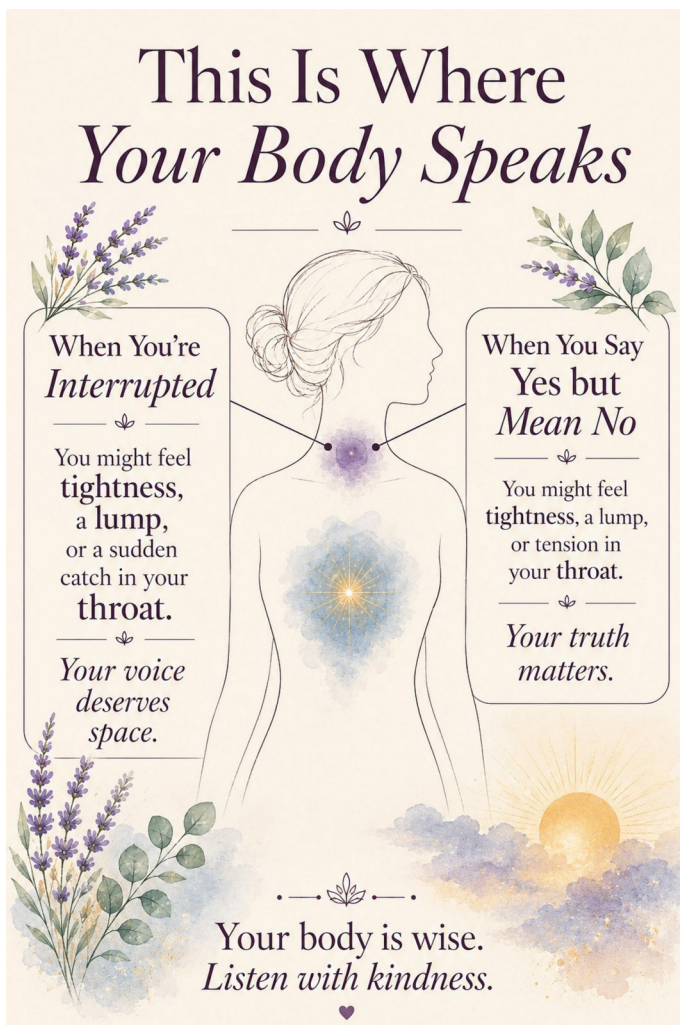
PART TWO

Visuals & Printables

Swipe through here, or print these pages.

SCENARIO CARD

When Words Get Interrupted



The throat often holds what didn't get to finish being said.

SCENARIO CARD

When You Feel Left Out or Pulled Away From



Belonging is felt low in the body — the stomach, the chest — long before it's named.

QUICK GUIDE

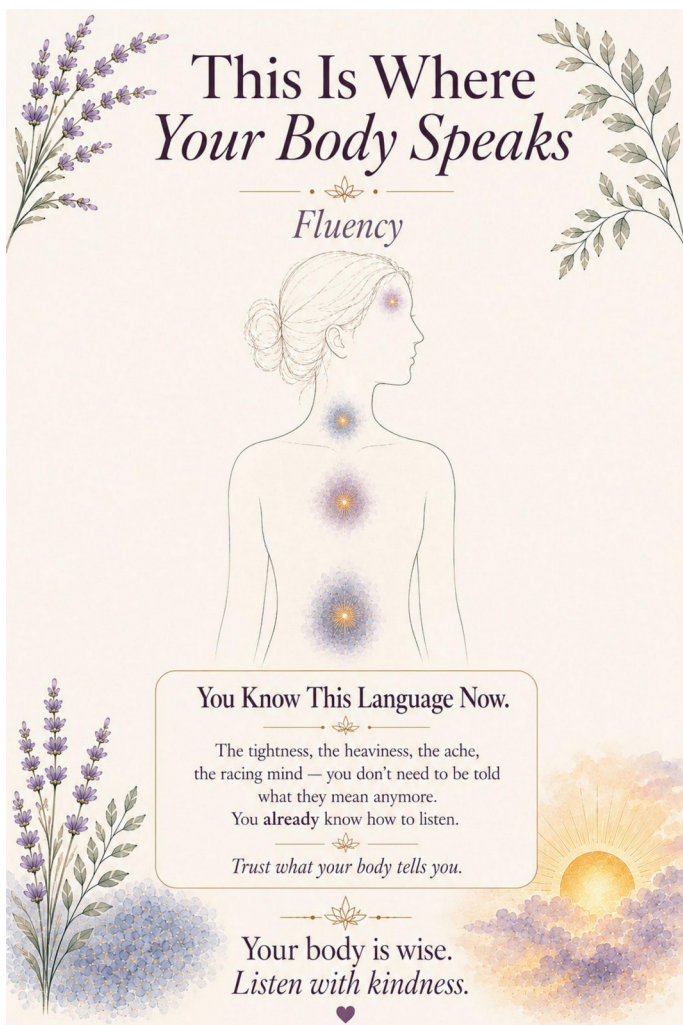
Rejection, Abandonment, Betrayal, Despair, Hopelessness, Confusion



Six of the heavier emotions, each with a place in the body and a question to sit with.

FLUENCY

You Know This Language Now



The tightness, the heaviness, the ache — you already know how to listen.

QUICK GUIDE

Frustration, Longing, Resentment, Insecurity, Disconnection, Overthinking



Six more — the quieter, everyday weight most people carry without a name for it.

THE FOUR STEPS

Notice. Breathe. Ask. Listen.



Keep this guide somewhere you'll actually see it — a bedside table, a bag, a desk drawer. Your body will keep speaking whether or not you're listening. This is simply an invitation to hear it sooner.



Jeanne Love Spotts

Your body already knows how to heal. It's just waiting for you to listen.