

# Module 4: Trusting Your Body Again

## Introduction

**Rebuilding confidence in your body's ability to guide, recover, and respond without second guessing every signal.**

### Why This Matters

If you've been dealing with ongoing discomfort, flare-ups, or mixed messages from your body, it's easy to lose trust in how your body responds or worry that you'll never feel "normal" again.

This module helps you reframe that relationship. Your body might not always respond how you expect but that doesn't mean it's failing. It may just need reassurance, consistency, and a little more kindness.

**It's okay if the outcome isn't perfect. It's about feeling safe to try, respond, and adapt.**

### What You'll Learn

- What body trust really means and how it gets shaken
- Why hesitation or fear around movement is completely valid
- How to rebuild confidence in small, doable ways
- The difference between "safe to move" and "time to rest"
- A practice you can use to check in *without* spiralling into overthinking

## What Is Body Trust?

Body trust is the quiet confidence that your body is doing its best to support you. It doesn't mean everything always feels great or goes to plan. It means you believe in your body's ability to respond, adapt, and recover.

This trust can be shaken when:

- Pain returns out of nowhere
- A familiar stretch suddenly doesn't feel right
- You rest, but still feel sore or tired

These moments can create doubt or hesitation. Rebuilding body trust means acknowledging discomfort when it shows up, not ignoring it. It's about knowing how to listen, adjust, and respond in supportive ways instead of shutting down or pushing through.

## Why Fear of Movement Happens

If you've ever thought:

- “What if I make it worse?”
- “What if I never get better?”
- “What if I’m doing it wrong?”

These thoughts are completely normal. They often show up when your nervous system is feeling uncertain or protective, especially after a past injury or period of pain.

Fear of is your body asking for reassurance.

The goal here is not to force movement, but to reintroduce it in small, safe ways. This allows your body to experience something positive and your nervous system to recalibrate.

## Mini Practice: The Gentle Green Light

A simple check in to help you reconnect with movement, without pressure.

**Step 1:** Choose one part of the body, shoulders, hips, neck, lower back.

**Step 2:** Ask yourself: “What’s one small thing I could do today that feels easy, comfortable, or good?”

Examples might include:

- A stretch you know and enjoy
- A walk to the letterbox
- A warm pack or hot shower
- Resting in a supported position

**Step 3:** Try the thing you chose. Then take a moment afterwards to notice how your body feels.

You’re not fixing anything here. You’re creating a gentle, positive loop between movement and safety.

## Confidence Comes With Repetition

Trust is not built in a day. It grows slowly, with repeated moments of safety, ease, and awareness.

Each time you:

- Move and feel okay afterwards
- Notice tension ease with a stretch
- Rest and feel even slightly more restored

You send a message to your nervous system: “It’s safe to tune in. It’s safe to move.”

These small wins matter. They create a new track record for your body and brain to rely on.

### **Signs That Trust is Returning**

Body trust doesn’t always show up as big breakthroughs. It often sounds more like:

- “I think I’ll try a walk and see how I feel.”
- “That didn’t feel great, so I’ll stop here.”
- “I know heat helps me. I’ll start there.”

Other quiet signs:

- Less second guessing
- More willingness to experiment
- Less fear about triggering a flare up
- Quicker recovery after stress or effort

These shifts may be subtle, but they reflect a stronger relationship between you and your body.

### **What’s Next**

This module encourages progress over perfection.

It’s about:

- Building a relationship with your body, not a battle
- Paying attention to what helps and doing more of that
- Trusting that your care makes a difference, even if change feels slow

Every breath, every pause, every gentle choice to move with care, these are meaningful steps.

You don’t need total certainty. Just a willingness to stay curious.

### **What’s Next**

In **Module 5: Your Body’s Pattern Library**, we’ll explore the tension spots your body tends to return to and why they might be showing up.

You’ll learn how to:

- Spot your personal stress and tension patterns
- Understand what your “go-to” areas might be protecting you from
- Respond to those areas early, before things escalate

Let's keep building that sense of calm and confidence together.