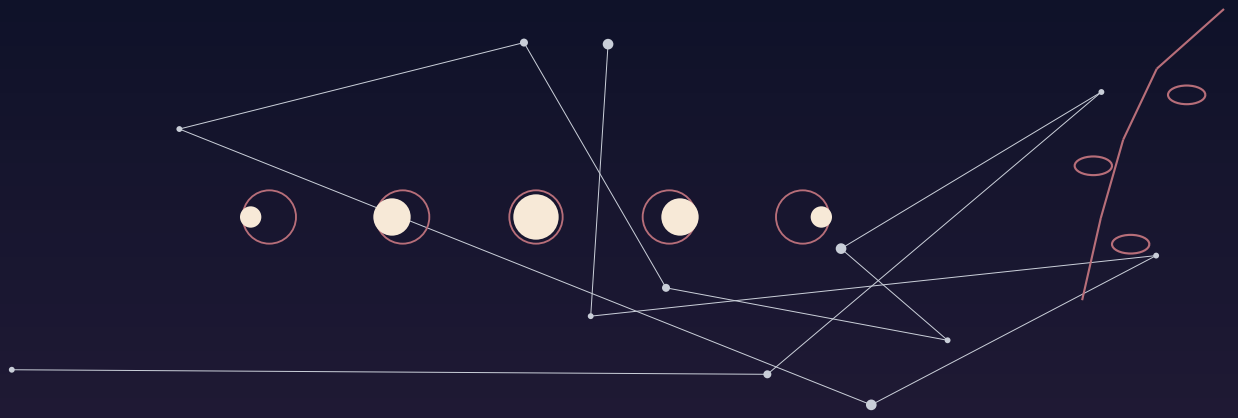
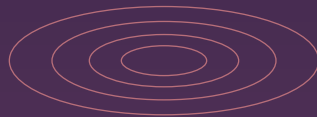




BACK INTO THE BODY

A Grounding and Integration Field Journal

A place to rest the experience long enough for meaning to become honest.



BY JEREMY JASON





Back Into the Body

A Grounding and Integration Field Journal



Created by Jeremy Jason

For the person returning from an experience that felt too large,
too tender, too beautiful, too frightening, or too unfinished to
carry alone.

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Educational and supportive material only. See the scope and safety page before use.



Welcome Back

A LETTER FROM JEREMY



Dear reader,

Some experiences do not end when the moment ends. They keep moving through the body - as tenderness, electricity, grief, clarity, confusion, relief, or a question that refuses to become smaller.

Integration is not the work of forcing that experience into a neat explanation. It is the slower work of creating enough safety, honesty, and patience for meaning to emerge without being chased. You are not required to turn mystery into certainty. You are not required to become a different person by morning.

This journal begins with the body because the body is where urgency can soften into information. We will notice what happened, separate experience from interpretation, listen for the quieter truth beneath the dramatic one, and choose one action that can survive contact with an ordinary day.

Move slowly. Skip what does not serve you. Return to the same page later and discover that you are different. There is no prize for finishing quickly. The only invitation is to become more honest, more grounded, and more available to your own life.

You are allowed to return slowly.

Jeremy



How to Use This Journal



A RHYTHM, NOT A RACE

Begin where your system has the most capacity. Stabilize before interpreting. Record before declaring. Rest before deciding.

1. ARRIVE

Name what is true in the room and in your body. Let the present become larger than the story.

2. RECORD

Write what you directly remember before trying to decide what it meant.

3. WONDER

Explore several possible meanings. Hold insight with curiosity instead of obedience.

4. EMBODY

Choose one small action that expresses what still feels true after sleep, food, time, and conversation.

A useful pace: complete one or two pages, then step away. Drink water. Eat something nourishing. Walk. Sleep. Meaning often becomes more accurate when the nervous system is less activated.



Scope and Safety

A GENTLE BOUNDARY AROUND THIS WORK

This workbook offers education, reflection, grounding, and integration support. It is not medical care, psychotherapy, crisis treatment, diagnosis, drug facilitation, or a substitute for licensed healthcare.

PAUSE AND SEEK SUPPORT

Contact a trusted person, licensed professional, local crisis service, or emergency service if you are unable to care for yourself, feel detached from reality, are experiencing severe panic or confusion, have thoughts of harming yourself or someone else, have not slept for an extended period, or feel that your behavior is becoming unsafe.

Grounding does not mean handling everything alone. Choosing support is an act of discernment. If this experience involved coercion, assault, medical complications, or a frightening loss of control, qualified care matters more than completing a journal page.

MY SUPPORT ANCHORS

Write the names and contact information of people or services you can reach if you need help.

Before You Begin

A QUIET INVENTORY

Place one hand somewhere neutral or comforting. Notice what is here without trying to improve it.

HOW RESTED DO I FEEL?



HOW NOURISHED DO I FEEL?



HOW CONNECTED TO REALITY DO I FEEL?



HOW EMOTIONALLY STEADY DO I FEEL?



WHAT IS MOST PRESENT?

Circle or write: calm, wonder, grief, fear, tenderness, numbness, relief, confusion, anger, hope, exhaustion, awe, loneliness, gratitude, or something unnamed.

A Personal Agreement

CURIOSITY WITH JUDGMENT INTACT



Read each line slowly. Check only what you are willing to practice, not what you think a good person should promise.

- ☐ I will not pressure myself to understand everything immediately.
- ☐ I will care for my body while my mind is making meaning.
- ☐ I will seek qualified support when something feels beyond what I can safely hold alone.
- ☐ I will delay major irreversible decisions until I feel stable, rested, and clear.
- ☐ I will remain curious about my experience without surrendering my judgment.
- ☐ I will allow uncertainty to be part of integration.
- ☐ I will not use intensity as proof that an interpretation is true.
- ☐ I will notice when shame is disguising itself as responsibility.
- ☐ I will choose small, reversible actions before dramatic ones.

SIGNED BY ME, FOR ME

Signature

Date

No Major Decisions Yet



LET URGENCY COOL INTO DISCERNMENT

A powerful experience may create a genuine desire for change. It can also make every feeling seem immediate. Waiting is not betrayal. Waiting gives truth a chance to remain true.

RELOCATION OR TRAVEL

What would a reversible first step look like?

ENDING OR BEGINNING A RELATIONSHIP

What becomes clearer after several grounded conversations?

QUITTING WORK OR CHANGING CAREERS

What can I test before I leap?

GIVING AWAY MONEY OR POSSESSIONS

What would I think after thirty ordinary days?

PUBLIC DECLARATIONS

Who truly needs to know right now?

CHANGING MEDICATION OR TREATMENT

What must be discussed with a qualified prescriber?



Not every revelation is an instruction.

SECTION TWO

STABILIZE

Return before you interpret

The body often knows what the mind is still trying to name.

Grounding is not a way to erase intensity. It is a way to widen the room around it. In this section, you will orient to the present, notice the needs beneath activation, and make enough space for choice to return.



The 90-Second Return

SMALL ENOUGH TO USE WHEN LANGUAGE IS DIFFICULT



0-20 SECONDS

Look for three edges in the room. Let your eyes move slowly.

20-40 SECONDS

Feel one place where your body is supported by a chair, floor, wall, or bed.

40-60 SECONDS

Exhale a little longer than you inhale. Do not force depth.

60-90 SECONDS

Name your location, the date, and one thing you will do next.

Five Things That Are True Right Now

I am located at...

The time of day is...

My body is supported by...

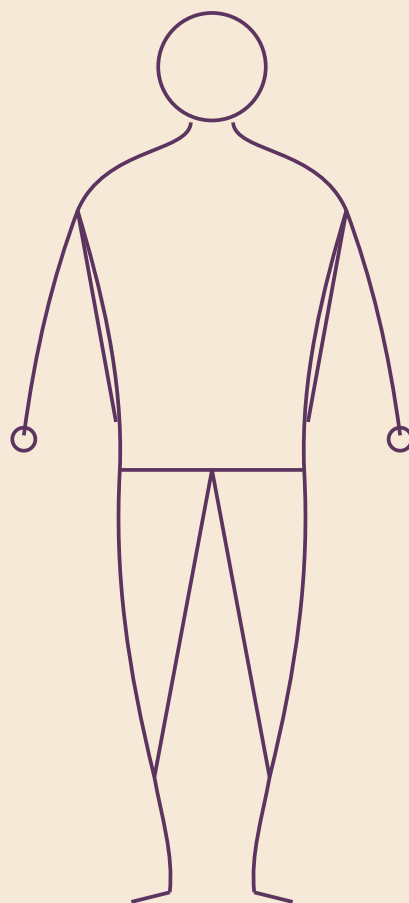
One person or place I can contact is...

The next kind thing I can do is...

Body Map

WHERE AM I HOLDING THIS?

Use color, symbols, words, or pressure marks. This is not a diagnosis. It is a snapshot of how your body is speaking today.



MARK OR NAME

- ☐ Tightness
- ☐ Warmth
- ☐ Numbness
- ☐ Pressure
- ☐ Tingling
- ☐ Pain
- ☐ Openness
- ☐ Energy
- ☐ Fear
- ☐ Relief

Where does your body feel most trustworthy right now?

Breath Without Force

LET BREATHING REMAIN ORDINARY



Do not chase a special breath. Notice one inhale arriving by itself. Notice one exhale leaving. Let your shoulders remain imperfect. Let your jaw be exactly as it is.

THREE ROUNDS

Round 1: feel the temperature of the inhale. Round 2: notice where the exhale ends. Round 3: allow a natural pause—before the next breath.

A Sensory Landing

SEE

Find one color that asks nothing of you.

HEAR

Notice the farthest sound, then the nearest.

TOUCH

Feel texture without naming whether you like it.

SMELL

Notice what the air carries.

TASTE

Take a sip of water slowly, if available.

What My Nervous System Is Asking For

NEED IS INFORMATION, NOT FAILURE

REST

Darkness, quiet, fewer decisions, sleep

FOOD

Something simple, warm, salty, or nourishing

WATER

Slow sips, electrolytes if appropriate

WARMTH

Blanket, shower, sunlight, warm drink

MOVEMENT

Walking, shaking, stretching, fresh air

CONNECTION

A calm person, animal, familiar voice, shared room

Which need is easiest to meet within the next twenty minutes?

Five Percent Safer

DO NOT DEMAND PERFECT CALM



Safety can begin as a small reduction in threat. Choose what is possible, not impressive.

ONE SMALL CHANGE

What could make this room, this body, or this next hour feel five percent safer? _____

Activation Scale

0 Completely settled

1 Slightly activated

2 Noticeably stirred

3 Overwhelmed but present

4 Struggling to stay grounded

5 I need immediate support

If you are at 4 or 5, stop interpretation work. Reduce stimulation, contact support, and choose immediate safety over insight.



SECTION THREE

THE EXPERIENCE

Remember before you explain

Memory is not a courtroom. It is a living landscape.

Record what you can without demanding a perfect account. Details may return in fragments. Leave room for what is missing. The goal is not certainty; it is a more honest relationship with what you remember.



What Happened, in Sequence

A SIMPLE TIMELINE

Write events in plain language. Avoid interpretation for now. Use approximate times if exact times are unknown.

BEFORE

What was happening in the hours before?

BEGINNING

What was the first noticeable shift?

MIDDLE

What moments, images, feelings, or changes stand out?

TURNING POINT

When did the experience change direction?

RETURN

What helped you recognize that the experience was ending?

AFTER

What happened in the first hours afterward?

The Texture of the Experience

WHAT THE SENSES CARRIED

VISUAL

Colors, shapes, faces, landscapes, darkness, light, movement

PHYSICAL

Temperature, pressure, expansion, nausea, trembling, stillness, release

EMOTIONAL

Fear, grief, love, anger, awe, shame, tenderness, relief

AUDITORY

Words, music, silence, internal voices, rhythms, distant sounds

What Stayed With Me

IMAGES, EMOTIONS, AND UNFINISHED EDGES



WORDS, IMAGES, MEMORIES, OR SYMBOLS

List without explaining.

WHAT SURPRISED ME

What did not fit my expectations?

WHAT FRIGHTENED ME

What felt threatening or too large?

WHAT COMFORTED ME

What helped me remain connected?

WHAT REMAINS UNCLEAR

Where does the story have gaps?

PERSONAL / LARGER THAN ME

Which parts felt intimate? Which felt universal, symbolic, or beyond language?

The left side is for observable memory. The right side is for your current meaning. Both matter, but they are not the same thing.

SECTION FOUR

UNDERSTAND

Make meaning without becoming trapped by it

An insight becomes wisdom only after it learns how to live
inside an ordinary day.

Here you will explore what the experience may be revealing while protecting your freedom to revise, question, and wait. The most dramatic interpretation is not always the deepest one.



Questions That Open Rather Than Close

LET MORE THAN ONE MEANING EXIST

REFLECTION

What part of this experience feels most alive in me?

REFLECTION

What truth feels quieter than the dramatic parts?

REFLECTION

What part am I avoiding?

REFLECTION

What might this be asking me to notice rather than obey?

REFLECTION

What did the experience reveal about how I protect myself?

REFLECTION

What would a compassionate interpretation look like?

REFLECTION

What did it reveal about how I love?

REFLECTION

What would a fearful interpretation look like?

REFLECTION

What old story became visible?

REFLECTION

What changes if I allow the meaning to remain unfinished?

REFLECTION

What belief felt challenged?

REFLECTION

Where might I be projecting certainty onto mystery?

Message, Metaphor, or Memory?

ONE IMAGE CAN CARRY SEVERAL KINDS OF MEANING



Choose one image, phrase, or insight. Explore each lens without deciding which one must be correct.

THE IMAGE OR INSIGHT

Describe it in one or two sentences.

DIRECT REALIZATION

What did I understand about my actual life, choices, or relationships?

METAPHOR

If this were symbolic rather than literal, what might it express?

MEMORY OR ASSOCIATION

What earlier experiences, people, sensations, or fears might be connected?

MEANING WITHOUT EXPLANATION

Can I honor its emotional importance without deciding what it proves?

A symbol can be beautiful, true, and useful without being a command or prediction.

Not Every Revelation Is an Instruction

A DISCERNMENT TABLE

Write one powerful thought or urge. Then slow it down with questions that protect both meaning and choice.

THE THOUGHT OR URGE

What felt urgent, certain, or life-changing? _____

Does it still feel true after sleep?

YES / NO / NOT YET

Does it align with my long-term values?

YES / NO / NOT YET

Could acting on it cause harm?

YES / NO / NOT YET

Have I discussed it with someone grounded?

YES / NO / NOT YET

Is the first step reversible?

YES / NO / NOT YET

Am I acting from love, fear, urgency, or fantasy?

YES / NO / NOT YET

What would become clearer if I waited thirty days?

YES / NO / NOT YET

THE SMALLEST REVERSIBLE STEP

What action would let me learn more without creating unnecessary damage? _____

SECTION FIVE

THE SHADOW AND THE TENDER PLACES

Meet what hurts without making it monstrous

Compassion does not excuse what happened. It changes the conditions under which truth can be faced.

This section is for the parts that learned to survive through control, escape, silence, anger, pleasing, numbing, or disappearance. We will ask what they protected, what they cost, and what they need now.



The Emotional Landscape

NAME THE WEATHER WITHOUT BECOMING THE WEATHER

GRIEF

What am I mourning, even if no one else recognizes the loss?

SHAME

What am I afraid this says about who I am? _____

ANGER

What boundary, injury, or injustice is asking to be seen?

FEAR

What does my body believe could happen next? _____

LONELINESS

Where do I feel unseen, separate, or unreachable? _____

REGRET

What do I wish I had known, chosen, or protected? _____

CONTROL

What uncertainty am I trying to eliminate? _____

ABANDONMENT

What part of me expects to be left? _____

The Part of Me That Was Trying to Survive

RESPECT THE STRATEGY. QUESTION THE COST.

WHAT WAS THIS PART PROTECTING ME FROM?

Name the danger as this part understood it.

WHEN DID IT LEARN THIS STRATEGY?

A memory, age, relationship, or season of life may come to mind.

HOW DID THIS STRATEGY HELP?

What did it make possible when options were limited?

WHAT HAS IT COST ME?

Consider intimacy, health, trust, freedom, work, or self-respect.

WHAT DOES IT NEED NOW?

Reassurance, grief, a boundary, protection, rest, accountability, or support?

WHAT WOULD HELP IT SOFTEN?

Choose something specific and realistic.

What I Am Ready to Stop Punishing Myself For

ACCOUNTABILITY WITHOUT PERMANENT EXILE

Self-forgiveness is not pretending there was no impact. It is refusing to make endless suffering the only proof that you care.

THE THING I KEEP RETURNING TO

What memory, choice, failure, or version of yourself is still being sentenced? _____

WHAT RESPONSIBILITY ACTUALLY REQUIRES

Repair, apology, changed behavior, boundaries, restitution, grief, or something else? _____

WHAT PUNISHMENT ADDS THAT RESPONSIBILITY DOES NOT

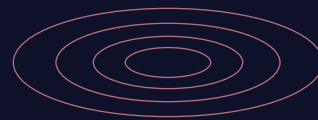
What happens when shame becomes your identity instead of information? _____

What would it mean to carry the lesson without carrying the
weapon?

SECTION SIX

REMEMBERING WHO I AM

Recover the self beneath performance



Some truths are not discovered. They are remembered.

This section turns toward the qualities, values, and forms of aliveness that belong to you beneath approval, fear, expectation, and role. Identity becomes more trustworthy when it is practiced, not merely declared.



What Is Undeniably Mine?

THE QUALITIES NO ONE GAVE ME AND NO ONE CAN TAKE AWAY

Think beyond achievements and roles. Name the way you love, notice, endure, create, protect, question, repair, or remain.

THE QUALITIES THAT FEEL MOST LIKE ME

Write without shrinking them to sound humble.

WHAT I VALUE WHEN NO ONE IS WATCHING

What choices reveal my private ethics?

WHERE I FEEL MOST LIKE MYSELF

Places, people, activities, and states of being.

WHAT MAKES ME FEEL ALIVE

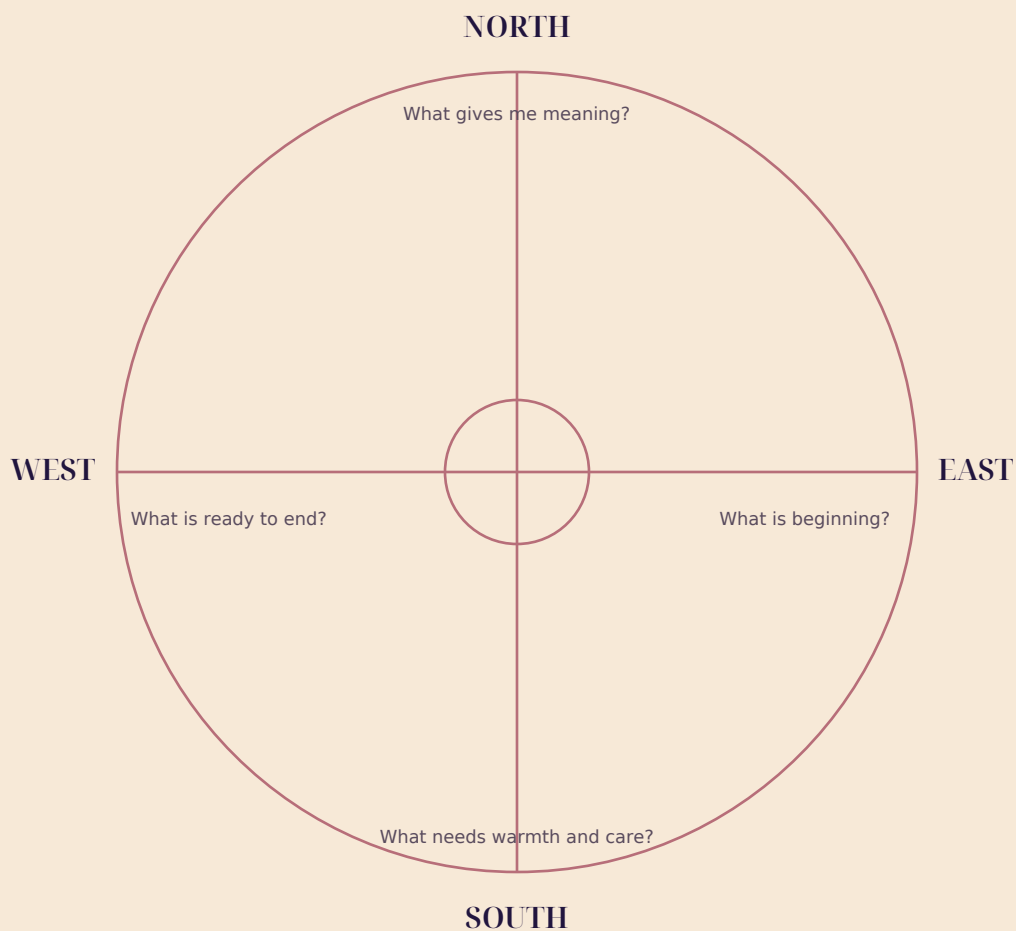
Not merely distracted or admired - alive.

WHAT I HAVE SURVIVED

What strength did I have to grow in order to remain?

My Inner Compass

FOUR DIRECTIONS FOR AN HONEST LIFE

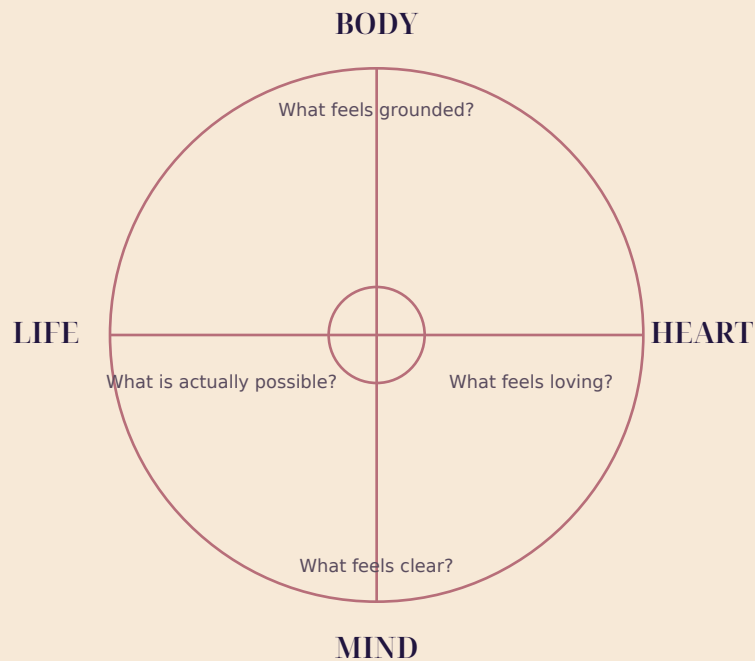


NOTES FROM THE COMPASS

Which direction feels clearest? Which one creates resistance? What would it look like to honor both? _____

The Compass Meets Reality

A TRUTH MUST FIT INSIDE A LIFE



THE LIFE I NO LONGER WANT TO PERFORM

Where am I living for approval, expectation, fear, or appearance?

My Ordinary Tuesday

Describe a normal day that feels peaceful, meaningful, and yours. Include waking, work, relationships, food, movement, quiet, and the way you speak to yourself.

SECTION SEVEN

EMBODY

Let insight take a human-sized form

Transformation is not measured by how intensely you felt. It is measured by how differently you live.

Embodiment is where revelation meets breakfast, boundaries, work, repair, rest, and repetition. Choose actions small enough to practice and meaningful enough to matter.



From Insight to Practice

BUILD A BRIDGE STURDY ENOUGH FOR ORDINARY LIFE



THE INSIGHT

What still feels true after rest and reflection?

THE OLD PATTERN

How have I responded until now?

THE NEW RESPONSE

What would alignment look like in behavior?

THE SMALLEST POSSIBLE ACTION

What can be done in fifteen minutes or less?

WHEN I WILL DO IT

Choose a specific day, time, and setting.

WHAT COULD INTERFERE

Name the predictable obstacle without shaming yourself.

HOW I WILL RETURN

What will I do after losing momentum?

The Shape of Embodiment

TEN CHOICES THAT CAN CARRY ONE INSIGHT



ONE INSIGHT I WANT TO EMBODY

ONE BEHAVIOR THAT WOULD EXPRESS IT

ONE HABIT THAT WOULD SUPPORT IT

ONE BOUNDARY THAT WOULD PROTECT IT

ONE CONVERSATION I MAY NEED TO HAVE

ONE CONVERSATION THAT SHOULD WAIT

ONE RELATIONSHIP I WANT TO APPROACH DIFFERENTLY

ONE SMALL ACT OF COURAGE

ONE ACT OF REST

ONE PROMISE I CAN REALISTICALLY KEEP

Seven Days of Integration



DAYS 1-3: SETTLE, RECORD, MOVE

DAY 1

REST AND REGULATE

Morning: What does my body need before I ask it for meaning?

Evening: Where did I respect my limits today?

One sentence I want to carry forward:

DAY 2

RECORD WITHOUT INTERPRETING

Morning: What detail wants to be written exactly as remembered?

Evening: What did I notice when I did not explain it?

One sentence I want to carry forward:

DAY 3

MOVE THE BODY

Morning: What kind of movement feels supportive rather than performative?

Evening: What changed after walking, stretching, shaking, or resting?

One sentence I want to carry forward:



Seven Days of Integration



DAYS 4-7: CONNECT, CHOOSE, PROTECT, REVIEW

DAY 4

SPEAK WITH SOMEONE GROUNDED

Morning: What do I want witnessed without being interpreted for me?

Evening: What became clearer through being heard?

One sentence I want to carry forward:

DAY 5

CHOOSE ONE MEANINGFUL ACTION

Morning: What small action reflects the insight without dramatizing it?

Evening: What did action teach me that thinking could not?

One sentence I want to carry forward:

DAY 6

PRACTICE A BOUNDARY

Morning: Where would a clear yes, no, pause, or request protect what matters?

Evening: What did I feel before, during, and after the boundary?

One sentence I want to carry forward:

DAY 7

REVIEW WHAT REMAINS TRUE

Morning: What insight has become quieter but more trustworthy?

Evening: What will I continue, release, or seek support for?

One sentence I want to carry forward:

Relationships and Returning

RE-ENTER WITHOUT ABANDONING YOURSELF

WHAT I WANT TO SHARE

What can be spoken without forcing another person to understand?

WHAT I WANT TO KEEP PRIVATE

What deserves protection, time, or sacredness? _____

WHO HAS EARNED ACCESS

Who can listen without sensationalizing, rescuing, or dismissing?

WHAT SUPPORT WOULD HELP

A meal, quiet company, accountability, _____
transportation, professional care?

WHAT I MAY NEED TO REPAIR

Where did my behavior create impact that needs attention?

WHAT I AM NOT RESPONSIBLE FOR EXPLAINING

Where can I stop performing certainty? _____

Telling the Story Without Losing the Experience

Share selectively. Speak from direct experience. Avoid trying to recruit agreement. Some experiences become clearer when they remain private long enough to develop roots.

Thirty Days Later

WHAT SURVIVED CONTACT WITH REALITY?



WHAT STILL FEELS TRUE? _____

WHAT SOFTENED? _____

WHAT NO LONGER FEELS URGENT? _____

WHAT HAVE I ACTUALLY PRACTICED? _____

WHAT DID I AVOID? _____

WHAT RELATIONSHIP CHANGED? _____

WHAT BOUNDARY BECAME CLEARER? _____

WHAT INSIGHT DID NOT SURVIVE REALITY? _____

WHAT BECAME MORE MEANINGFUL OVER TIME? _____

WHAT SUPPORT DO I NEED NEXT? _____

The Difference Between a Moment and a Transformation

A profound moment may open a door. Repeated choices determine whether a life actually changes. Transformation is not the memory of intensity; it is the pattern of return.

The Return

CARRY WHAT IS TRUE WITHOUT GRIPPING IT



A FINAL GROUNDING PRACTICE

Look around. Feel your feet. Name one thing you know, one thing you do not know, and one thing you can care for today.

LETTER TO MY FUTURE SELF

Write to the version of you who may forget, doubt, or become overwhelmed again. Tell them what mattered without demanding that they feel the same.

WHAT I WANT TO REMEMBER

The sentence, image, value, or practice I want nearby.

WHEN I LOSE MY WAY AGAIN

The people, places, and actions that can help me return.

Returning to an old pattern does not erase what you learned.
Integration is a relationship, not a finish line.



A Closing Letter

AND AN INVITATION TO CONTINUE



Dear reader,

You may leave these pages with clarity. You may leave with better questions. You may feel changed, ordinary, tender, skeptical, relieved, or unfinished. None of those outcomes make the work less real.

The return is not a straight path. Some days you will embody what you learned with surprising grace. Other days you will find yourself repeating the oldest pattern in the book. That does not mean the door closed. It means you are human enough to need practice, support, repair, and rest.

Keep the insight that makes you more honest, more compassionate, more accountable, and more available to life. Set down the interpretation that asks you to abandon judgment, relationships, safety, or reality. Let what is true become gentler and more durable over time.

You were never required to become someone else. You were invited to come home to the life that has been waiting for your full presence.

- Jeremy

Back Into the Body Integration Sessions

SINGLE INTEGRATION COACHING SESSION

\$225

One 60-minute educational/supportive coaching conversation.

THREE-SESSION INTEGRATION ARC

\$600

Three 60-minute coaching conversations for grounding, reflection, and action.

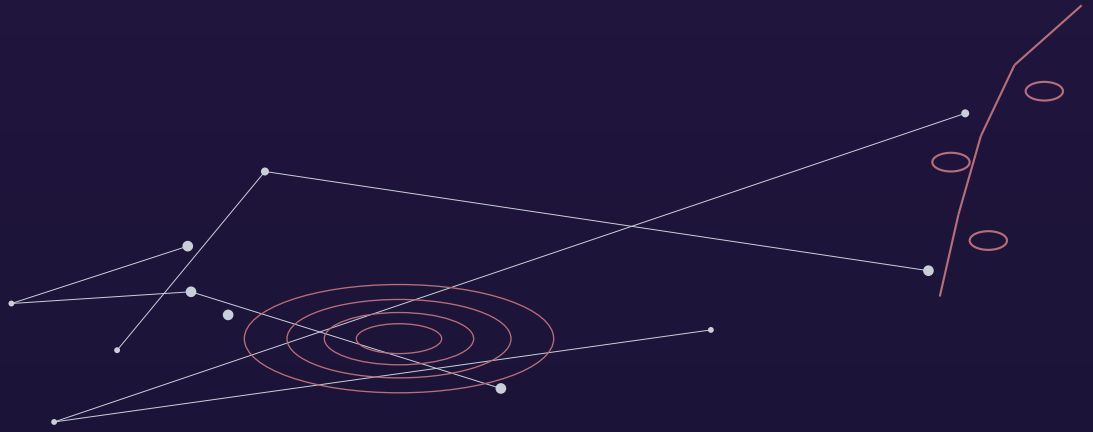
SIX-SESSION INTEGRATION SUPPORT

\$1,100

Six 60-minute coaching conversations for accountability and lived practice.



© Sessions are educational and supportive coaching. They are not medical care, psychotherapy, crisis treatment, drug facilitation, or a replacement for licensed healthcare. Contact: jeremyjason86@gmail.com



You do not have to understand everything tonight.

Back Into the Body is a spacious companion for the days after an intense emotional, spiritual, transformational, or psychedelic experience. It offers grounding, honest reflection, discernment, and a practical path from insight into ordinary life.

CREATED BY JEREMY JASON

Grounding. Meaning. Embodiment. Return.

A field journal for the life waiting beneath urgency.



BACK INTO THE BODY

Expanded Integration Workbook

Additional practices for turning insight into a life you can actually live.

BY JEREMY JASON

This companion continues the original Premium Customer Edition. Use it slowly. You do not need to complete every page.

Integration Check-In

A snapshot of where you are now

Before you interpret the experience, notice the conditions you are living in. Integration is affected by sleep, food, stress, relationships, environment, and ordinary responsibilities.

Right now, my body feels...

My emotional weather is...

The strongest thing I notice today is...

Sleep, Food, Movement

Return to the ordinary body

Small physical acts can become anchors after an intense experience. The goal is not optimization. It is enough care to help your system feel less alone.

What has my sleep been like?

What does my body need today: food, water, rest, movement, quiet, connection?

One simple act of care I can complete today is...

When the Experience Gets Loud

A plan for moments of intensity

If memories, emotions, sensations, or meanings suddenly become intense, you can pause interpretation. First create space, orient to the present, and reduce stimulation.

What tells me I am becoming overwhelmed?

What reliably helps me come back to the present?

Who can I contact if I need grounded human support?

Triggers & Echoes

Notice without turning every feeling into a message

An experience can make ordinary events feel unusually meaningful. That does not make the feeling false; it means the feeling deserves time before it becomes a conclusion.

What situations, people, places, or sensations bring the experience back?

What happened externally, and what happened internally?

What meaning am I tempted to assign—and what are two other possible meanings?

Relationships After an Experience

Connection without urgency

You may feel closer to someone, more aware of a relationship, or newly certain about what must change. Let the insight breathe before making irreversible decisions.

What do I want to communicate?

What do I need to ask for or protect?

What can wait 48–72 hours before I act on it?

Values Into Behavior

Make the insight measurable

A value becomes embodied when it changes a repeated choice. Choose one quality you want to live—not perform—and translate it into something observable.

The quality I want to embody is...

Tomorrow, someone could tell I was practicing it because I would...

The smallest repeatable action that supports it is...

My Support Map

Know where different kinds of support belong

No single person or practice has to carry everything. Separate companionship, practical help, coaching, therapy, medical care, and crisis support according to what each is actually equipped to provide.

Someone I can talk to without needing them to fix it...

A professional resource I can contact if deeper support is needed...

A practical person I can call when ordinary life gets difficult...

Discernment Before Action

A pause between insight and decision

Before acting on a powerful realization, ask whether the decision remains sensible when you are rested, calm, and back inside ordinary routines.

What evidence exists outside the experience?

Would this still make sense to me after a week of ordinary life?

What is the least irreversible way to test this insight?

Seven More Days

Continue the integration rhythm

Use one small practice each day. Integration does not need to feel profound to be working.

Day 1–2: What am I settling?

Day 3–4: What am I noticing?

Day 5–7: What am I practicing differently?

Thirty-Day Review

What survived contact with reality?

Look back without grading yourself. The purpose is to notice what became durable, what changed shape, and what you may still need to explore.

What insight still feels useful?

What did I expect to change that did not?

What has actually changed in how I live, relate, choose, or care for myself?

Preparing for a Session

Bring the real material

If you work with an integration coach, therapist, trusted support person, or other appropriate professional, you do not need a perfect story. Bring observations, questions, uncertainty, and what feels most alive.

What happened, in my own words?

What is hardest to make sense of?

What would make this conversation genuinely useful?

Closing: Keep the Door Open

Carry what is true without gripping it

You are allowed to leave some questions unanswered. You are allowed to revise an interpretation. The work is not to preserve an extraordinary state; it is to discover what can become honest, grounded, and livable.

What do I want to remember?

What am I willing to release?

What is my next ordinary, human-sized step?

Scope & Safety Reminder

Back Into the Body is an educational and non-clinical integration resource. It is not psychotherapy, medical care, diagnosis, crisis intervention, or a substitute for qualified professional support. If you are in immediate danger or experiencing a medical or psychiatric emergency, contact appropriate emergency or crisis services in your area.

Created by Jeremy Jason • Back Into the Body