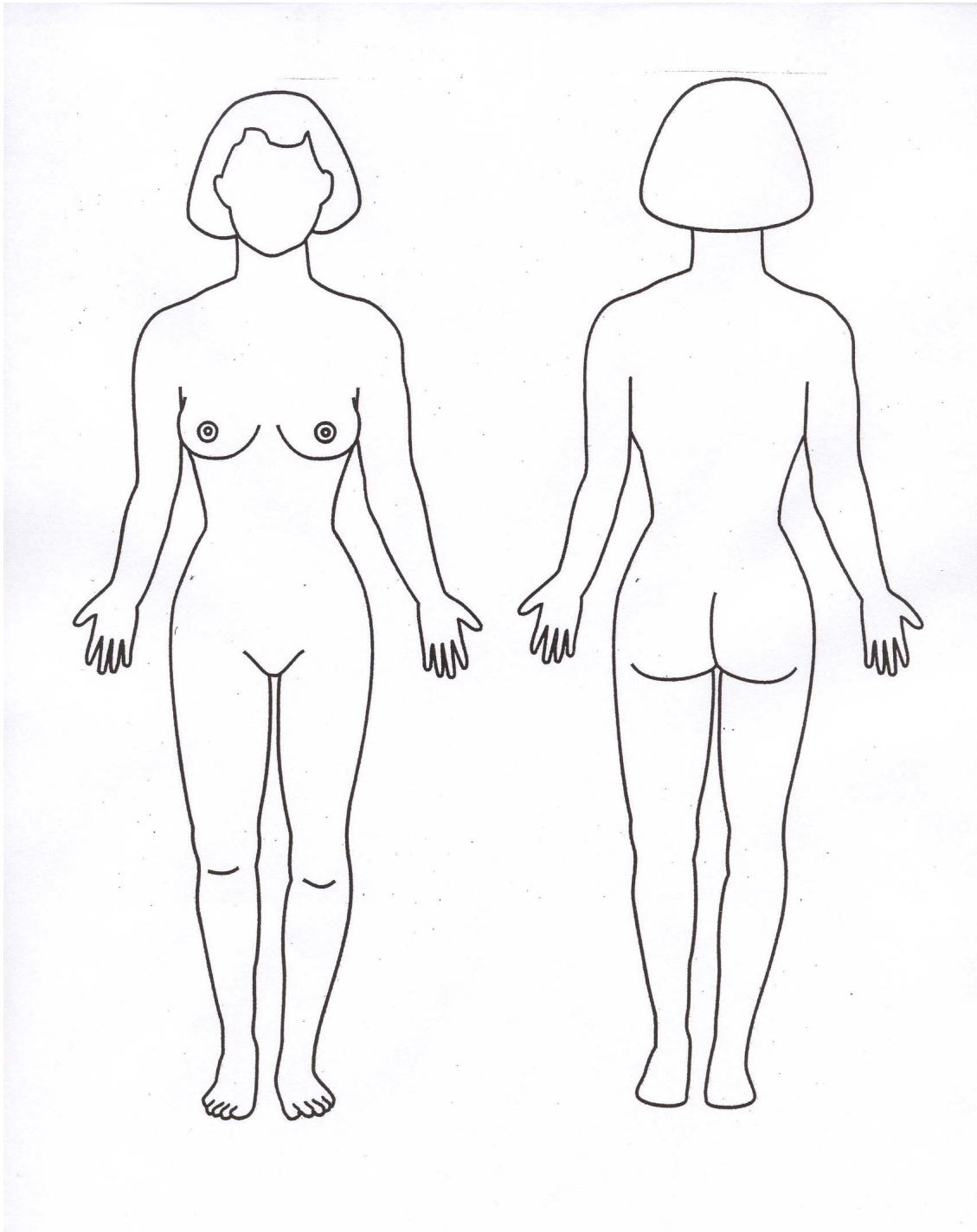


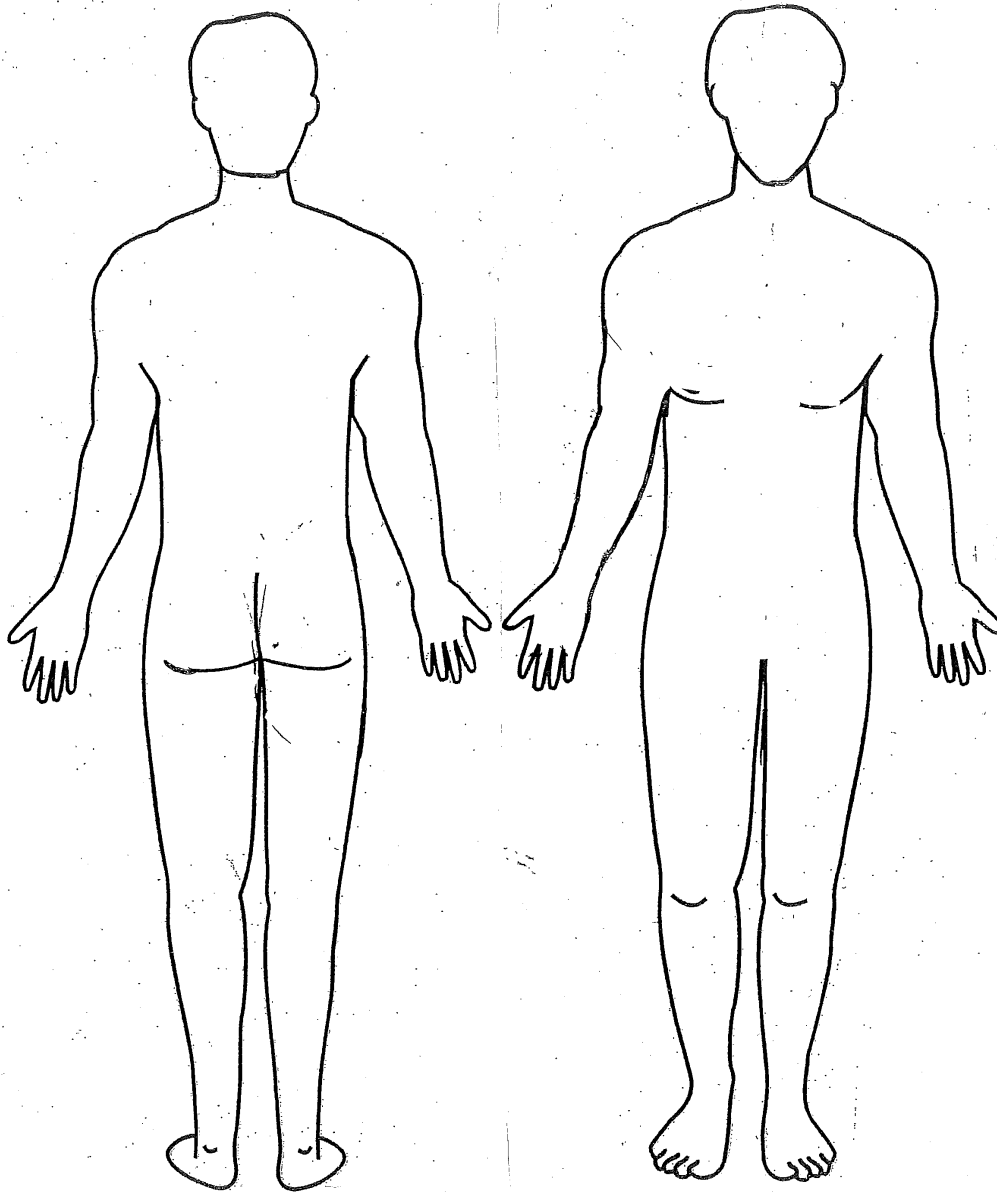
## Body Mapping (female)

In this exercise you will follow the instructions for self sensate focus exercises; however, this time you will be mapping the areas on your body where you experience sensations using the diagram below. This exercise encourages you to explore and identify the types of sensations that you do experience to form an increased awareness of your body.



## Body Mapping (gender neutral)

In this exercise you will follow the instructions for self sensate focus above; however, this time you will be mapping the areas on your body where you experience sensations using the diagram below. This exercise encourages you to explore and identify the types of sensations that you do experience to form an increased awareness of your body.



## Body Mapping (male)

In this exercise you will follow the instructions for self sensate focus above; however, this time you will be mapping the areas on your body where you experience sensations using the diagram below. This exercise encourages you to explore and identify the types of sensations that you do experience to form an increased awareness of your body.

