

DISCOVER YOUR SOUL SELF

What Is Your Field Still Listening For?

A biofield awareness worksheet for spotting the hidden signals behind your patterns.

Start here

Most people try to change the reaction after it happens. This worksheet helps you trace the reaction back to the signal your field may be reading before your mind explains it.

Field reads -> Body reacts -> Nervous system adapts -> Meaning forms -> Pattern stores -> Filter builds -> Behaviour follows -> Identity hardens

Created by Mitz for The Sovereign Living Project
discoveryoursoulself.com

How to Use This Worksheet

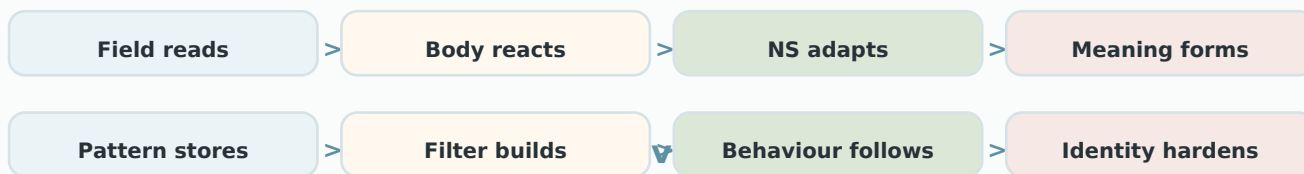
This is not about judging your reaction. It is about slowing the pattern down enough to see what your system learned to read.

You can use this after a trigger, after a conversation that left you unsettled, or anytime your body reacts faster than your mind can explain.

The point

The behaviour is usually the end of the chain, not the beginning. Before the over-explaining, people-pleasing, shutdown, bracing, or fixing, something was read by the field and felt by the body.

The Pattern Chain



This worksheet focuses on the earliest part of the chain: Field reads -> Body reacts.

Because once you can catch what your field is reading, the behaviour finally starts making sense. Tiny miracle. Slightly annoying. Very useful.

What the Field Listens For

Your field may not only be listening to words. It may be listening to the atmosphere around the words. Circle or tick the signals that feel most familiar.

- Tone
- Tension
- Timing
- Rhythm
- Consequence
- Attention
- Mismatch
- Belonging
- Approval
- Withdrawal
- Repair / no repair

Quick reflection

Which of these does your body notice instantly? Which ones make you brace, shrink, soften, scan, explain, fix, or disappear?

The ones my body reacts to most are:

A Recent Moment to Trace

Think of one moment where your body reacted strongly. Keep it simple. A tone, a silence, a delayed reply, a look, a question, someone needing something, or someone seeming disappointed.

1. What happened on the outside?

2. What did my body do first?

3. What did my field seem to read?

4. What meaning did my system attach to it?

Follow the Chain

Now trace what happened after the body reaction. This helps you see the whole loop instead of blaming yourself for the behaviour at the end.

5. What emotion showed up?

6. What behaviour followed?

7. What did I do to reduce the cost?

8. What did my system seem to be protecting me from?

A useful reminder

The emotion is real. The meaning may be old. You do not have to obey the first response just because it arrived loudly.

Your Field Listening Map

Use these sections to spot your most common signal-reaction-meaning loop. You do not need perfect answers. Messy noticing still counts.

Tone

When someone's tone changes, my body tends to...

My system usually makes it mean...

The behaviour that follows is...

Silence / Withdrawal

When someone goes quiet or pulls back, my body tends to...

My system usually makes it mean...

The behaviour that follows is...

Attention

When attention lands on me, my body tends to...

My system usually makes it mean...

The behaviour that follows is...

The Mismatch Map

Mismatch is when the words say one thing but the energy says another. This one can create deep programming because your system learns to stop trusting words and read the field instead.

When words say one thing but the energy feels different, my body tends to...

My system usually makes it mean...

The behaviour that follows is...

Belonging

A lot of the self gets built around whatever preserved belonging. This does not make the pattern bad. It means it once had a job.

The version of me that seemed safest to show was...

The parts I learned to hide were...

Find the Old Rule

Behind many patterns is an old rule your system learned. Not a conscious rule. A survival rule. The sort that runs in the background and pretends it is common sense. Cheeky little thing.

Examples of old rules

- If the tone changes, I am in trouble.
- If someone goes quiet, I am being rejected.
- If I need too much, I become a problem.
- If I tell the truth, connection gets threatened.
- If I stay useful, I stay safe.
- If I keep everyone calm, I will not be abandoned.
- If I am easy, I will be loved.

The old rule my system may be running is:

I think this rule started because:

This rule once helped me by:

This rule now costs me by:

Practice a Truer Statement

This is not about slapping a pretty affirmation over a body that is clearly saying, "Excuse me, are we safe or not?" It is about giving your system a truer, steadier meaning to practice.

Choose one that fits, or write your own.

- A tone change does not always mean I am unsafe.
- Silence does not always mean rejection.
- I can pause before I explain.
- I can notice the body reaction without obeying the old meaning.
- I can ask what is happening instead of assuming danger.
- My body may be reacting to an old prediction, not the present moment.
- I can let the first reaction arrive without letting it drive.

A truer statement I can begin practicing is:

Tiny Practice for the Week

For the next seven days, do not try to fix everything. Just catch one tiny field reading per day. That is enough. Awareness is where the pattern stops being invisible.

Day 1	Signal my field read:	Body reaction:
Day 2	Signal my field read:	Body reaction:
Day 3	Signal my field read:	Body reaction:
Day 4	Signal my field read:	Body reaction:
Day 5	Signal my field read:	Body reaction:
Day 6	Signal my field read:	Body reaction:
Day 7	Signal my field read:	Body reaction:

Bottom line

You are not trying to become perfect. You are learning to see what has been running quietly underneath.

Want to Go Deeper?

If this worksheet helped you see how much happens before the behaviour, this is exactly what we go deeper into inside The Sovereign Living Project.

Inside the free course, Deprogramming 101, I walk you through the programs, filters, old rules, body signals, and automatic reactions that keep old patterns alive.

You do not need fixing.

You need to understand how you run underneath, so you can see the old pattern clearly enough to choose differently.

JOIN THE FREE COURSE

<https://www.skool.com/the-sovereign-living-project/about>

Related idea to keep exploring:

What is my field still expecting? What does my body still think certain moments mean? What old rule is turning prediction into reality?

Created with clarity and intention by Mitz | [DiscoverYourSoulSelf.com](https://www.discoveryoursoulself.com)

