How Present Are You in Your Body?

A gentle Body-Led Living reflection by Vjera

Your body is speaking all day—through energy, tension, hunger, breath, fatigue, emotion, pleasure, and the subtle feeling of yes or no.

This short quiz is an invitation to notice how connected you currently feel to its language. There are no good or bad results. Your score is simply a starting point: a small mirror showing where you may be ready to listen more deeply.

Choose the answer that feels most true for you right now.

How to answer

For every statement, choose one answer:

Almost never = 1
Sometimes = 2
Often = 3
Almost always = 4

The quiz

1. I notice the first signs that I need rest, food, water, movement, or a pause.

○ Almost never ○ Sometimes ○ Often ○ Almost always

2. When I feel tension, heaviness, numbness, or discomfort in my body, I can stay curious instead of immediately pushing it away.

○ Almost never ○ Sometimes ○ Often ○ Almost always

3. I can recognise how my emotions show up physically—for example, as a tight chest, a knot in my stomach, warmth, tears, or shallow breathing.

○ Almost never ○ Sometimes ○ Often ○ Almost always

4. I pause long enough to notice what I am feeling in my body before I react, overthink, scroll, eat, work, or keep going.

○ Almost never ○ Sometimes ○ Often ○ Almost always

5. I can tell the difference between a body that needs gentle movement and a body that needs genuine rest.

○ Almost never ○ Sometimes ○ Often ○ Almost always

6. I trust that my body is trying to communicate with me—even when I do not yet understand the message.

○ Almost never ○ Sometimes ○ Often ○ Almost always

7. When I make a decision, I notice whether my body feels more open, settled, contracted, heavy, or resistant.

○ Almost never ○ Sometimes ○ Often ○ Almost always

Your score

Add the numbers from all seven answers. Your possible score is 7–28.

7–12: Your body may be asking to be heard

You may have learned to keep going, push through, analyse, please others, or live mostly from the neck up. That is not a failure—it is often a protective strategy.

Your body is not silent; it may simply be speaking in a language you have not had space, safety, or support to learn yet.

Your Body-Led Living practice: Once a day, place one hand on your chest and one on your belly. Ask: “What is here in me right now?” Do not force an answer. Simply notice breath, tension, temperature, emotion, numbness, or sensation for one minute.

13–18: You are beginning to listen

You have moments of connection with your body, but stress, busyness, self-criticism, or old habits may still pull you away from what you feel.

You are already learning the language. The next step is not to become perfectly embodied. It is to make listening a more consistent part of everyday life.

Your Body-Led Living practice: Before your next meal, meeting, workout, or major decision, pause for three breaths and ask: “What would support me most right now?” Notice the first honest answer before your mind begins negotiating with it.

19–23: You have a living relationship with your body

You are likely able to notice many of your body’s signals and recognise that emotions, needs, and physical sensations are connected.

Your opportunity now is to turn awareness into self-trust: to honour what you notice, even when it is inconvenient, unfamiliar, or different from what others expect of you.

Your Body-Led Living practice: At the end of the day, write one sentence: “Today, my body tried to tell me…” Then add: “Tomorrow, I can respond by…”

24–28: You are deeply connected to your inner signals

You have built a meaningful capacity to pause, notice, and listen. You likely understand that your body is not a problem to solve, but a relationship to tend.

Remember: body connection is not a permanent state. It changes with stress, transitions, grief, hormones, travel, relationships, and life. Return to gentleness rather than performance.

Your Body-Led Living practice: Choose one body-led yes this week: a boundary, rest, a meal, movement, a conversation, or a moment of pleasure that honours what you genuinely need.

A note from Vjera

Your score is not a label—it is an invitation. Body-Led Living begins when you stop overriding your body and begin understanding what it has been trying to tell you.

If you are ready to deepen this relationship, I offer personalised body-led support for women who want to feel more grounded, self-trusting, and at home in themselves.

bodyledlivingbyvjera.com

This quiz is a reflective self-awareness tool. It is not a clinical assessment, diagnosis, or substitute for mental-health or medical care.