

Add-On Script: The Foot and the Floor (Touched, Not Hurt)

(Use slowly. Soft tone. Leave space between lines.)

“I’d like to invite a simple noticing...
there’s nothing to analyze — just notice.”

“Imagine gently tapping your foot on the floor...
just a light tap.”

“Now notice...
where is the sensation actually happening?”

(pause)

“Is it in the floor...
or is it in your foot?”

“The floor remains the floor.
The sensation is felt in the foot.”

(pause)

Shifting the Relationship

“And in a similar way...
when someone speaks, moves, or does something...”

“Notice how the feeling isn’t actually happening *in them*.”

“It’s happening **here** —
as a reaction inside.”

(longer pause)

“So instead of asking,
‘Why did they hurt me?’”

“You might gently ask...
What part of me was just touched?”

Turning Toward Curiosity

“Not to judge it.
Not to fix it.”

“Just to notice...”

“What part responded?”

“And how long has this part been doing its best to protect you?”

(pause — let the answer arise without words)

History Without Blame

“If the reaction feels sensitive...
when did sensitivity become necessary?”

“If it feels impatient...
when did waiting feel unsafe?”

“If it feels tight, sharp, or heavy...
when did this response first learn its job?”

(pause)

The Healing Pivot

“And here’s the gentle truth...”

“Because the feeling is happening *inside*...
this is actually good news.”

“You don’t have to wait for anyone else to change.”

“The place where the feeling lives...
is also the place where healing happens.”

Integration

“You don’t need to push the reaction away.”

“You can stay with it...
the way you might rest a tired foot after a long walk.”

“Listening.

Allowing.

Letting the reaction complete what it never got to complete before.”

Closing Orientation

“So instead of being hurt *by* others...
you may begin to notice yourself
feeling yourself.”

“And that’s not weakness.”

“That’s the doorway to healing.”