



Somatic Tracking Worksheet

A worksheet from **Breaking the
Migraine Cycle: A Practical Guide to
Brain Retraining**

By Morgan Fitzgerald | Life With Migraine

Welcome

Disclaimer

This worksheet is for informational and educational purposes only and is not intended to provide medical advice, diagnosis, or treatment. The content is based on current research, neuroscience, and personal and clinical insights into migraine management. However, it should not replace professional medical guidance. Always consult with your physician or healthcare provider before making changes to your treatment plan. The author and publisher disclaim any liability for any adverse effects resulting from the use or application of the information contained in this workbook.

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Your Guide to Somatic Tracking for Migraine

Stay tuned for the full release of *Breaking the Migraine Cycle: A Practical Guide to Brain Retraining* on APRIL 1st! The workbook is packed with tools to help retrain your brain's response to migraine and reduce symptom sensitivity over time.

What is Somatic Tracking?

Somatic Tracking is a brain retraining technique that helps reduce fear-based reactions to migraine symptoms. By observing sensations without fear or panic, you teach your brain that they are not dangerous—lowering your nervous system's sensitivity over time. This method is based on the science of neuroplasticity, meaning your brain can learn new, less reactive responses to pain signals.

What is the Goal of this Worksheet?

Many people with migraine experience heightened fear and stress when symptoms appear, which can make pain feel more intense. This worksheet will guide you through tracking your symptoms in a way that reduces fear, shifts your mindset, and signals safety to your nervous system. By practicing Somatic Tracking, you can train your brain to interpret migraine symptoms with less panic and more calm.





Teaching Your Nervous System Safety & Reducing Migraine Attack Reactivity

How to Use this Worksheet:

- Use this worksheet whenever you notice a symptom beginning or when you feel anxious about a possible attack.
- Follow the steps to observe the sensation neutrally, shift fear-based thoughts, and use nervous system regulation techniques.
- Record your experience so you can start noticing patterns and improvements over time.
- The more often you practice, the more your brain will learn that symptoms are not dangerous, reducing their intensity and frequency.

What to Expect:

This worksheet will help you retrain your brain's response to migraine symptoms by guiding you through five simple steps:

1. **Identify the Sensation** – Observe what you're feeling without immediately reacting.
2. **Observe Without Fear** – Describe the sensation neutrally, like a scientist collecting data.
3. **Shift Your Language** – Reframe fear-based thoughts into neutral, safe statements.
4. **Pair with Nervous System Regulation** – Use grounding, breathwork, and relaxation techniques to reinforce safety.
5. **Track the Shift** – Notice how your symptoms and emotions change over time.



💡 *Be Patient With Yourself!
Retraining your brain takes
time, but small shifts add
up. Stick with it, and over
time, you'll notice a
difference in how your brain
responds to symptoms.*

SOMATIC TRACKING EXERCISES

STEP 1: Identify the Sensation

Next time you notice a symptom (head pressure, nausea, light sensitivity, etc.), pause before reacting and take a moment to simply observe what you are feeling. Instead of immediately labeling it as "bad" or "dangerous," try to describe it as if you were a scientist collecting data.

ASK YOURSELF:

- Where do I feel this sensation in my body?


- How would I describe it—throbbing, tingling, tight, sharp?

- Does it stay the same, or does it change over time?

- What happens when I bring my attention to it—does it intensify, stay the same, or lessen?

WHY THIS HELPS:

By bringing awareness to the sensation without judgment, you start to shift away from fear-based reactions and allow your brain to process it in a calm, neutral way. This is the first step in retraining your brain's response to migraine symptoms.


 *Example:* "I notice a throbbing sensation behind my eye."

MY SYMPTOM SENSATION:

SOMATIC TRACKING EXERCISES


STEP 2: Observe Without Fear

When we experience migraine symptoms, our first instinct is often fear or frustration, which can make the experience feel even more intense. Instead of immediately reacting, practice observing the sensation with curiosity.

 **Think of it like this:** If you touch a hot stove, your brain quickly reacts with pain to protect you. But migraine symptoms aren't the same kind of emergency—yet your nervous system may still treat them that way. By calmly observing the sensation, you are teaching your brain that it does not need to sound the alarm.

ASK YOURSELF:

- Does this sensation feel threatening, or is it just uncomfortable?
.....
- What emotions come up when I focus on this sensation—fear, frustration, or something else?
.....
- If I sit with this sensation for a moment without trying to change it, does anything shift?
.....

 *Example:* "I notice a throbbing behind my right eye. When I observe it calmly, I realize it comes in waves and eases slightly when I exhale."

MY OBSERVATION:

.....
.....
.....

SOMATIC TRACKING EXERCISES

STEP 3: Shift Your Language

Fear-based thoughts can make symptoms feel more intense by keeping the nervous system in a state of high alert. When we respond to migraine sensations with fear, our brain perceives them as a threat, reinforcing the cycle of pain and distress.

Common Fear-Based Thoughts:

- "This migraine attack is starting—I can't handle this!"
- "I know this will ruin my entire day."
- "I'll never be able to do normal things without worrying about an attack."
- "If I don't avoid all my triggers, I'll be stuck like this forever."
- "My body is broken, and nothing will help."

Neutral, Safe Statements:

- "This is just a sensation. My brain and body are safe."
- "I am observing this symptom with curiosity, not fear."
- "My nervous system knows how to regulate itself."
- "I have experienced this before, and I always get through it."
- "This feeling is temporary. It will pass."
- "I can breathe through this. My body is resilient."


Choose your **most common** fear-based thought from above (or one you personally experience) and write it down in the box on the left. Then, reframe this thought into three neutral, safe statements to remind your brain that you are safe.

Fear-Based Thought	Neutral, Safe Reframes
	<input type="radio"/> <input type="radio"/> <input type="radio"/>


SOMATIC TRACKING EXERCISES

SETP 4: Pair with Nervous System Regulation

When your nervous system is in a heightened state, symptoms can feel more intense. Using regulation techniques can help signal to your brain that you are safe, reducing symptom sensitivity over time.

 **For a step-by-step guide to the following exercises, check out Chapter 8 of my workbook, Nervous System Regulation for Migraine Resilience!**

- 4-7-8 Breathing:** Inhale (4 sec) → Hold (7 sec) → Exhale (8 sec)
- Grounding:** Press feet into the floor, notice 5 things around you.
- Progressive Relaxation:** Release tension step-by-step.

 These techniques are explained in detail in Chapter 8 of the workbook—so you can learn how to integrate them into daily life for long-term relief!

MY OBSERVATIONS:

The regulation technique that worked best for me was...

Next time I want to try...

SOMATIC TRACKING EXERCISES

STEP 5: Track the Shift

Now that you've spent some time on this exercise, pause and assess how you feel. Tracking your progress can help you recognize positive changes and build confidence in this process. Use the space below to note any differences.

NOTE HOW YOU FEEL NOW:


-
-
-
-
-

HOW HAS YOUR SENSATION CHANGED?



HOW HAS YOUR FEAR LEVEL CHANGED?



 **Noticing patterns over time can help reinforce that progress is happening—even if it feels slow. Use this space to reflect on where you are now and set an intention for next time.**

DATE	SENSATION CHANGE (1-5)	FEAR-LEVEL CHANGE (1-5)	WHAT HELPED THE MOST?
_____	① ② ③ ④ ⑤	① ② ③ ④ ⑤	_____
_____	① ② ③ ④ ⑤	① ② ③ ④ ⑤	_____
_____	① ② ③ ④ ⑤	① ② ③ ④ ⑤	_____
_____	① ② ③ ④ ⑤	① ② ③ ④ ⑤	_____
_____	① ② ③ ④ ⑤	① ② ③ ④ ⑤	_____

Final Reflection

✨ Healing takes time, but every step you take—no matter how small—helps retrain your brain's response to migraine. Somatic Tracking is just one tool in your journey to reducing symptom intensity and regaining control. The more you practice, the more your nervous system learns that symptoms are not a threat.



📖 Want more brain retraining exercises? Stay tuned for my full workbook release, where I'll guide you through even more strategies for calming your nervous system and breaking the migraine cycle.

Want extra support? Join our private migraine support group for encouragement, shared wins, and exclusive bonus resources!



✉️ I'd love to hear how this worksheet worked for you!
Reply to my email or DM me on Instagram @LifeWithMigraine to share your experience.