



## Lesson 16:

# Understanding Armoring

Getting to know the body's defenses

What are two primary drives from which the body creates armoring?

Is body armoring something we tend to choose to create? Explain why.

Describe the nature of high tone armoring.

What does high tone armoring tend to contain within it?

What does high tone armoring tend to feel like in the body?

How do you distinguish between generic muscle tension versus body armoring?

