

SENSING RESONANCE DISRUPTION REFLECTION	Your heart rate increases. where, when, why?	You feel tension in your body where, when, why?	You shift posture unconsciously where, when, why?	You get hyped-up where, when, why?	You notice a sound-scape where, when, what?	You sense a temperature change where, when, what?
	You laugh out loud where, when, why?	You make unexpected eye contact where, when, w/who?	You feel connected to someone where, when, w/who?	You smile without realizing where, when, why?	You feel touched by a story where, when, what?	You find a spot that feels just right where, when, why?
	You feel a strong urge to get outside where, when, why?	You feel overstimulated where, when, why?	You feel rushed or pressured by time where, when, why?	Something pulled you out of focus where, when, what?	You feel confused where, when, why?	You hesitated to act or speak where, when, why?
	You feel aesthetic pleasure where, when, why?	You thought of some related research where, when, what?	You pause to reflect where, when, why?	You get a new idea where, when, what?	You find unexpected beauty in the everyday where, when, what?	You have an Aha-Moment where, when, what?