



Interoceptive Distortion

Where it lives in the **Absoulutely
Balanced Framework**, why it
matters, and what to do about it.

What it is

Interoception is your brain's ability to read signals from inside your body — hunger, pain, fatigue, emotion, stress. When it's working clearly, it's your most honest internal compass. When it's distorted — usually from chronic stress, overdrive, or years of pushing through — your brain starts misreading those signals. Fear feels like intuition. Exhaustion feels like laziness. A boundary your body is screaming for feels like weakness.

Framework Level Soulful Truth

Interoceptive distortion sits at the foundation of Soulful Truth — Level One. You cannot build clarity, aligned action, or graceful achievement on top of distorted internal data. It's like navigating with a broken compass.

Friction Point Where Soulful Truth Meets Balanced Rhythm

When your body signals are distorted you cannot find rhythm because you are responding to noise instead of truth. The brain under chronic stress prioritizes protection over accuracy, making it nearly impossible to distinguish what you actually feel from what you have been conditioned to feel.

The Body Connection

Pilates is one of the most direct somatic practices for recalibrating interoceptive awareness. It trains the body to send cleaner signals and trains the brain to receive them accurately. This is not just exercise. It is a nervous system reset.

The Signal vs The Noise

The brain can change. Through neuroplasticity — the brain's lifelong ability to adapt — you can reconnect with clarity, trust yourself more deeply, and move forward with intention. Interoceptive distortion is not permanent. It is a pattern. And patterns can be rewired.

If this is speaking to something in you — that is not a coincidence. That is your nervous system asking for help.

Start with a Pilates class — in New Haven or virtually.

Or, go all in. Join me at **Finding Your Next** — a four-day immersive retreat at Canyon Ranch Lenox, November 5-8, 2026. Eleven people. The full framework.