"Agency" is the technical term for the feeling of being in charge of your life: knowing where you stand, knowing that you have a say in what happens to you, knowing that you have some ability to shape your circumstances....

Agency starts with what scientists call *interoception*, our awareness of our subtle sensory, body-based feelings: the greater the awareness, the greater our potential to control our lives.

Bessel Van Der Kolk, M.D. The Body Keeps The Score