

Noticing Physical Comfort

The Noticing Physical Comfort technique is used within Somatic Experiencing (SE®) by trained therapists to monitor sensations, patterns of actions, and soothing behaviors experienced in clients' bodies.

The aim of the technique is to regulate their body responses and avert overriding the nervous system. This is done by purposefully concentrating on self-soothing behaviors that the client might already engage in to induce comfort in the midst of anxiety.

The following technique can help people learn how to soothe themselves and calm the nervous system by drawing upon their own resources. In this case, this technique is about increasing awareness of comfortable and soothing physical sensations.

Be gentle with yourself. If you find yourself experiencing distress or feeling uncomfortable while doing this exercise, you can always stop and take a short break and let everything settle.

Steps:

1. Find a comfortable and quiet space to sit in a chair or lie down on the floor.
 2. Feel your feet touching the floor and how they are being supported.
 3. Feel your hands resting on your lap, on top of the belly, or on the floor.
 4. Feel how your hands and arms are being supported.
 5. Feel your back is being supported by the chair or floor.
 6. Adjust your posture until you find yourself feeling completely comfortable and supported.
 7. Use your senses to connect with a pleasant sensation around you:
 - a. Explore the colors, shapes, light and shades in the room around you
 - b. Explore the fragrance in the room
 - c. Feel the texture of your clothes, of the chair or the floor
 - d. Listen to the sounds in the environment, those near and far
 8. Use your internal senses to connect with a pleasant sensation within you:
 - a. Bring your attention to relaxed muscles
 - b. Pay attention to the softness of your breath
 - c. Feel the warmth and coziness of your body
 9. Draw your attention to each of those sensations for a few moments each time.
 10. Notice the physical and emotional comfort that they generate.
- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.