

Sympathetic NS First Aid: BLSL

•Body

- Direct the attention into the body to notice a sensation
- This effectively means present-tense orientation, countering trauma's past-future tendency

•Low

- Direct the attention to the lower border or downward generally
- This effectively counters the upward effect of trauma (alarm & orienting responses)

•Slow

- Ask about the details of the sensation
- This effectively slows down the awareness, countering trauma's tendency to speed things up

•Loop

- Direct the attention somewhere else for a minute or so, then back to the first site. Repeat as needed, slowly and gently.
- This effectively re-establishes Polarity movement and counters the trauma's tendency towards fixation.

