

3 Steps Down: For Use When Activated

As presented by Lael Keen and based on Somatic Experiencing by Peter Levine

Here's the video instructions:

<https://www.youtube.com/watch?v=yoZwsIe6QNY>

1. Tune in to the sensation of the activation in your body
2. Observe the sensation of the activation without changing it
3. After 1-2 minutes settling will initialize
4. Bring attention to settling and the feeling of lowering
5. Follow in the body what is felt, what else is felt, where else sensation shows up
6. First step down in activation occurs
7. Repeat #2-5
8. Second step down in activation occurs
9. Repeat #2-5
10. Third step down in activating occurs

Optional: Only after completing the third step down, return to an image of the initial activation and repeat the entire process