



SIBAM

AWARENESS PRACTICE

Developed within the framework of Somatic Experiencing® by Peter Levine, SIBAM is a tool used to increase awareness of the different channels through which we experience ourselves and the world. Practicing gentle awareness of these channels can support nervous system regulation, embodiment, and trauma healing.

SENSATION

Physical sensations noticed within the body, such as warmth, tightness, tingling, pressure, heaviness, or ease. Sensation is often considered one of the primary gateways into nervous system awareness.

IMAGE

Images, memories, colors, symbols, or internal visual impressions that arise naturally in the mind. Images may emerge spontaneously through reflection, music, dreams, or emotional experience.

BEHAVIOR

Observable movements, impulses, gestures, posture shifts, facial expressions, or orienting responses within the body. In Somatic Experiencing, these subtle behaviors are often understood as meaningful nervous system responses.

AFFECT

Emotional experience and feeling states, including emotions such as sadness, fear, joy, anger, calm, or neutrality. Affect may be experienced strongly or only faintly at first.

MEANING

The thoughts, interpretations, beliefs, narratives, or meaning-making processes we attach to our experiences. This includes the stories we tell ourselves about who we are, others, and the world around us.

SUGGESTED PRACTICE

Consider pausing once or twice throughout the day for a few quiet moments to notice each channel with curiosity rather than judgment. You may find that certain channels feel easier to access than others — this is completely normal.