

# Ally - Staying with Discomfort



**90-120  
Seconds**

- 1. Notice and name the reaction**
  - a. Identify patterns over time
  - b. Naming is granular and non-judgemental
- 2. Breath and feel gravity**
  - a. Three breaths
  - b. Three seconds in, six seconds out
  - c. Through the nose if possible, breathing into lower rib cage and abdomen
  - d. Simultaneously feel where your weight rests and other effects of gravity on your body
- 3. Find and investigate the strongest body sensation**
  - a. Quick scan to locate
  - b. No need to chase it away
  - c. Be curious - what are its qualities? Is it getting worse? Sharp or dull? Pinpoint or diffuse? Constant, pulsing or intermittent?
  - d. Investigate until you notice it leave or notice that it has left.
- 4. Notice that you are still alive, intact, and no worse for wear!**