

SIBAM: A Tool for Tracking Your Healing Journey

A Somatic Tracking Framework Within the HEALS™ Method to Reconnect with Your Internal Experiences & Move from Wound to Wisdom

"YOU CAN'T HEAL WHAT YOU CAN'T HEAR."

Awareness is the first step toward clarity, honoring your lived wisdom and creating space for choice.

UNDERSTANDING SIBAM TRACKING

A Mirror for Your Inner Landscape:
A method to notice how your nervous system responds to healing practices.

Moving from Fixity to Flow:
Witness your life force and inner agency without pressure to change immediately.

B – BEHAVIORS

Releasing Energy through Movement

Track the impulse to move; use a "Silly Shake" to release tension or a "Power Pose" for strength.



Micro-Integration Habits: Small actions like "Breath Gazing" or hand-to-heart gestures build trust.

S – SENSATIONS

Noticing the Body's Physical Language

Focus on physical feelings like tingling, warmth, or the vibration in your chest during the Humming for Calm practice.



I – IMAGES

Visualizing the Unseen

Track mental pictures like the "Language of Color" or visualizing your heart's form.



Mapping the Inner Terrain:
Create a "Meaning Map" to label areas of your inner landscape.

A – AFFECT

Naming the Emotions

Identify moods using "Emotion Colors" without the pressure of being correct.



Compassionate Witnessing:
Use phrases like "I see you" or "You're allowed to exist" to honor emotions.



Reclaim your voice and wholeness, making breaks beautiful with gold.

M – MEANING

Finding the Glimmers

Look for "Glimmers"—small moments of beauty or purpose—that shift focus to growth.



Reclaiming Your Narrative:
Transition from "Victim to Thrive" by assigning new meanings and acknowledging capacity for Sovereignty.

