THE SRM SKILL OF SENSORY TRACKING: A brief description

Sensory Tracking is the skill used in the Social Resilience Model to assess your own nervous system and the nervous system of others. Using Sensory Tracking with yourself means simply to pay attention to what is happening inside your body at the sensory level…this means noticing things like heartrate (is it faster, slower, about the same), breathing (deep, shallow, about the same as usual), muscle tension (where is there tension?), pain. These are ways to track if you are in your RZone or not. We also track positive sensations…where you notice calming, or pleasure, or gratitude.

Attention is a powerful tool. We can literally change our nervous system functioning by shifting our attention away from sensations that are uncomfortable or that signal anxiety, anger, etc to place in the body that are more relaxed or that at least have less pain. And, it can be very helpful to shift your attention to something in your life (we call this a "Resource) that brings you a sense of peace, joy, calm, or security and explore that in a multisensory way. Are there pleasant sounds, smells, sights, touch associated with the Resource?

When you shift your attention away from the activating/difficult sensations by bringing to mind a Resource you 1) help stop the flow of stress chemicals in your body and 2) help your nervous system return to the Resilient Zone, that band of functioning in which you can think strategically, respond rather than react, and build and maintain better relationships.

When you track other people you rely on things like facial expression, body language, movements and gestures. But you can also ask someone what they are noting inside their body. Tracking sometimes takes some practice because most of us are not used to paying attention to our internal sensory experience.

Sensory Tracking is a way for you to be in control of where your attention goes. SRM is a model of self-directed attention. You decide where you can put you attention so that you can stay in the Resilient Zone.