SAMPLE DRAFT · $27 when checkout resumes

Body Map

Polyvagal + TENS Field Guide

Original Felt Map body notes for freeze, fawn, and narrow windows. Not medical advice. Not a treatment protocol. No clinical instrument items.

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0 · Hard stop

Read this before anything somatic

This sample is lived-experience framing, not a medical device manual and not a trauma-therapy protocol. Skip TENS and intense body experiments if you have cardiac conditions, a pacemaker or implant, pregnancy, epilepsy history, or trauma that floods easily — talk to a clinician first. If you are in crisis, get live help (U.S. 988) instead of experimenting alone.

1 · Why insight stalls

When the body will not take the memo

You can know you are autistic / AuDHD / carrying complex trauma and still wake up braced. The window is narrow. Speech costs more. Light is loud. Planners and insight notes do not land because the state layer is offline or spun up.

Body Map is for that layer — plain language about capacity, four-F responses, small settling experiments, and careful TENS field notes. Pair with free maps: nervous-system state and four-F on feltmap.com.

2 · Window without clinic jargon

A usable sketch

- In window: you can feel, think a little, and recover without vanishing.
- Above: go / panic / spin / can’t stop scanning.
- Below: freeze / shut down / fawn / blank.

ND nervous systems often run a thinner band after years of camouflage. That is load, not moral failure. Tonight: name where you are (in / above / below) without fixing it yet.

3 · Four F with an ND lens

Same body, different jobs

- Fight: irritability, snap, “don’t touch my plan.”
- Flight: urgency, scroll, leave the room, overwork.
- Freeze: stuck, mute, can’t start, time gone.
- Fawn: agree fast, manage everyone else’s face, lose your own preference.

Masking often looks like high-functioning fawn plus delayed collapse. Naming the pattern is enough for this page — you do not need to shame it away in one afternoon.

4 · Settling experiments

Small, sensory-honest

Try one. Stop if it spikes you.

- Longer exhale than inhale for ~2 minutes (seated, eyes soft).
- Warmth + weight: bath, heated blanket, heavy hoodie, warm mug in both hands.

- Dim one sensory channel: lights down, ear defenders, softer clothes, fewer tabs.
- Orient: name five colors in the room out loud — then pause.

Heroic breathwork, ice baths, or “push through” routines are not the default here. Recovery for camouflaged adults is often quieter than wellness culture sells.

5 · TENS field notes (lived, not claims)

If you ever try it later

Felix Mathers’s lived notes (pen name): some people with ND + trauma history experiment with TENS units for muscle tension or settling. That is not a Felt Map medical claim, not FDA guidance, and not permission to ignore contraindications.

- If you try anything: clinician clearance first when risk factors apply.
- Start lower than you think; short sessions; never on neck/head/front of throat in DIY experiments.
- Stop for pain, dizziness, panic spike, or weird heart feelings — that is not “push through.”
- Log: setting, minutes, body before/after — one variable at a time.

The paid guide will expand these notes with more caution language. This sample exists so you can see the product shape — not so you DIY medical care from a PDF.

6 · One body move this week

Pick one lane

1. State lane: one settling experiment daily for five days; no new quizzes.
2. Sensory lane: remove one chronic irritant (light, fabric, noise, food texture).
3. People lane: one short script to a safe person instead of a full autobiography.

Wired differently. Not broken. The body keeps score — and it also keeps the exit ramps.

— Felix Mathers · Felt Map · sample draft · not a clinical document