

Exercise: Three-Step Breathing Space

Step 1: Connect with what is going on for you in the here and now.

Notice what is going on in your mind by asking yourself “what thoughts am I having right now? What feelings am I having right now?” Notice any other urges, memories, or other mind-stuff or sensations that might be there.

Step 2: Narrow your awareness to your breathing

When you are ready, focus the spotlight of your awareness onto your breath: the changing patterns of sensation in your stomach as you breathe in and out; the gentle rise and fall of your rib-cage; the feeling of the cold air passing into your body through your nose, and the warm air leaving your body through your mouth

Step 3: Expand your awareness to the entire body.

Gently expand the spotlight of your awareness to take in the whole of your body. Notice any sensations that might be present, scanning your body quickly from head to toe without trying to change anything.