

GUIDED PROCESS TO RETURN TO CALM AND CHOICE

1. Slow down in whatever way works for you.

Take a breath that is deeper than your regular breath.

Concentrate on your heart or your feet on the ground, connected and grounded to the earth.

2. Notice what you feel in your body.

tight muscles, scowling, sighing, heaviness, jitteriness, a smile, or something else?

3. See if you can name an **emotion**

"I feel _____"

Examples:

Angry, Frustrated, Worried, Concerned, Sad, Exhausted, Overwhelmed, Lonely, Cheerful, Excited, etc.

4. If thoughts jump into your mind first

slow down and notice one thought that is persistent.

Then say, "I'm telling myself '_____'. When I tell myself '_____', I feel _____."

5. Breathe into this.

Do again #4 with other thoughts if there are more thoughts present.

6. Now ask yourself what's important to you, what do you want in this moment?

(In Nonviolent Communication we would call those needs, see the Resources tab on www.compassion4parents.com)

Examples:

Consideration, Contribution, Meaningful work, Reassurance, Trust, To know I matter, To be heard, Kindness, Inclusion, Respect, Safety, Choice, Peace, Ease, Efficiency, Order, Calm

7. Find the Need word that really jumps out to you or that fits.

Breathe in what's important to you, taking care to breathe in the beauty of that need. How much you appreciate this need in your life, how you value it, what it feels like when you are connected to it.

You can say "I really value _____(the Need) or " _____" is really important to me.

(Rather than dwelling that you don't have it and you have to fix it. If thoughts come up, go back to step 4 and go through what that's telling you.)

8. Savor the things you are longing for and notice if any insights come up – any requests you can make of yourself or others that might meet that need. If you want, you can simply "sit" with the need and "meet" it just by holding a meeting with that value. Be in the present moment with it and see what unfolds.

Notice what you feel in your body now that you have gone through the process.