

Stop Breathe Believe® – Cultivating Seeds of Self Compassion
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Stop Breathe Believe® is a practice that can help us become aware of and stop the stream of thoughts flowing through our minds –

*STOP - to become aware of the *one* unhealthy thought that we might choose to replace

*BREATHE - to breathe our way to a state of calm openness

*BELIEVE - to move forward with the help of a compassionate belief statement that brings release from the unhealthy thought that is hindering us.

“One of the key practical lessons of modern neuroscience is that the power to direct our attention has within it the *power* to shape our brain’s firing patterns, as well as the power to shape the *architecture* of the brain itself.”
- Daniel Siegel, *Mindsight*

“Between stimulus and response there is a space. In that space is our power to *choose* our response. In our response lies our growth and our freedom.” - Viktor Frankl, *Man’s Search for Meaning*

“I am not what has happened to me. I am what I choose to become.”
- Carl Jung

“The thing that is *really* hard, and *really* amazing, is giving up on being perfect and beginning the work of becoming yourself.” - Anna Quindlin

“Peace be *within* you”. Psalm 122:8

“Self-kindness means that we stop the constant self-judgment and disparaging internal commentary that most of us have come to see as normal. Self-kindness requires us to understand our foibles and failures instead of condemning them. Self-kindness entails clearly seeing the extent to which we harm ourselves through relentless self-criticism, and ending our internal war. Self-kindness involves actively comforting ourselves, responding just as we would to a dear friend in need. Self-kindness means we allow ourselves to be emotionally moved by our own pain, stopping to say, “This is really difficult right now. How can I care for and comfort myself in this moment?” - Kristin Neff, *Self Compassion*

“Compassion comes from the Latin roots *com* meaning (with) and *pati* meaning(suffer), or to “suffer with.” - Dr. Chris Germer, *the mindful path to self-compassion*

“When we offer genuine compassion, we join a person in their suffering. Being compassionate means that we recognize when someone is in pain, we abandon our fear of or resistance to it, and a natural feeling of love and kindness flows toward the suffering individual. The experience of compassion is complete abandonment of the inclination to resist emotional discomfort. It’s full acceptance: of the person, of the pain, and of our own reactions to the pain.” - Dr. Chris Germer, *the mindful path to self-compassion*

“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.” - Dr. Chris Germer, *the mindful path to self-compassion*

Feedback Format developed by Pia Melody:

- 1)What is the event?
- 2) What is the story I am telling myself?
- 3) What am I feeling?
- 4) What do I need from you?

Stop Breathe Believe Vision Glasses – Perspective Style

Red Glasses – *Stop and SEE*...I see this thought as an unhealthy thought. Slowing down – I am really confused right now. I sense things are out of control. Identify what *is* the situation or event.

Yellow Glasses *Breathe and OBSERVE*....Slow down, long enough to view the thought, idea, situation with self-compassion – more of an observing lens. Recognize what is the story I am telling myself.

Green Glasses *Believe and OPEN MY EYES*....look at more closely of what is the story I am telling myself? How is the other viewing this situation? How can I check in with the other about my perspective?

Stop Breathe Believe gives us a moment –
a moment to **stop** –

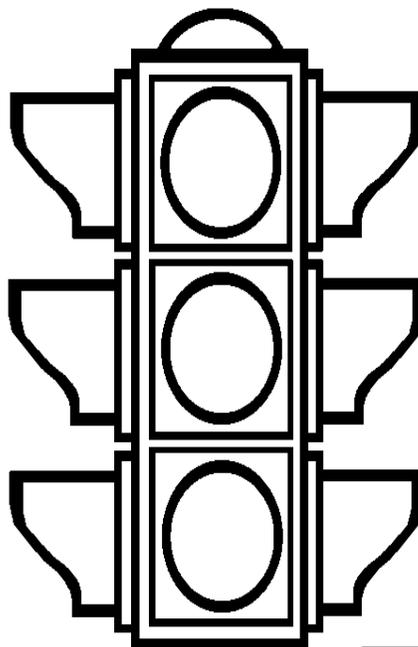
be mindful and aware;

a moment to **breathe** –

to be slow down and focus on our breath as a calming moment.

a moment to **believe** -

to focus on what *is* the truth- to discern what do I *choose* to believe.



References:

Brown, C. B. (2012) *Daring greatly: how the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York: Gotham Books.

Germer, C. K. (2009) *the mindful path to self-compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford Press, 33-34.

Neff, K. (2011). *Self-compassion: stop beating yourself up and leave insecurity behind*. New York: William Morrow, 42.

Siegel, D. J. (2010). *Mindsight: the new science of personal transformation*. New York: Bantam Books, 14-22.

Suggested Readings:

Benson, H., & Proctor, W. (2010). *Relaxation revolution: enhancing your personal health through the science and genetics of mind body healing*. New York: Scribner.

Jones, D. (2013). ~~*I'm fine*~~: *a real feelings journal*. Charleston: printed by CreateSpace.

Jones, D. (2013). *Stop Breathe Believe: Mindful Living One Thought at a Time*. Charleston: printed by CreateSpace.

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