

INTENSITY PRACTICE HANDOUT

Consciously Responding to Triggering Stimuli Coming Toward You

You can do this practice with yourself, remembering/thinking about a triggering situation or communication coming toward you; and you can use the practice to internally frame a triggering situation to yourself when you are experiencing one. You can say to yourself something like, “Oh, this is an Intensity Practice moment.”

Step 1 - Notice if triggered into F-F-F-P and shift to SCP

- Notice that your mind and body are triggered into a reaction of the brain-body safety-survival system (Fight-Flight-Freeze-and-to-Please).
- Shift attention to the Self-Connection Practice (SCP) — breath, body, need

Step 2 - Can you hear it as a “please”?

- Ask yourself if you can hear the “please” behind this difficult communication?
- Continue to remind yourself that what is coming toward you is actually, more deeply just an expression of OFNR. It is an expression of universal needs wanting to be met, and an attempt or request to meet those needs. Continue to redirect your attention to the please, to hearing needs and requests. Remind yourself not to listen to or focus on the triggering words, tone, body language, etc.

Step 3 - How do you choose to respond?

- Ask yourself, “How do I choose to respond to the situation in harmony and alignment with what I value, my values, and what I want to create with this person, this situation, and in the world?”
- What comes into your mind as you ask yourself this question?
- You can use the Elements of Empathy map with this step – Presence, Understanding, Needs, Silent and Out Loud as speaker and listener.

JOHN KINYON
EMPATHY • MINDFULNESS • COMMUNICATION

www.JohnKinyon.com