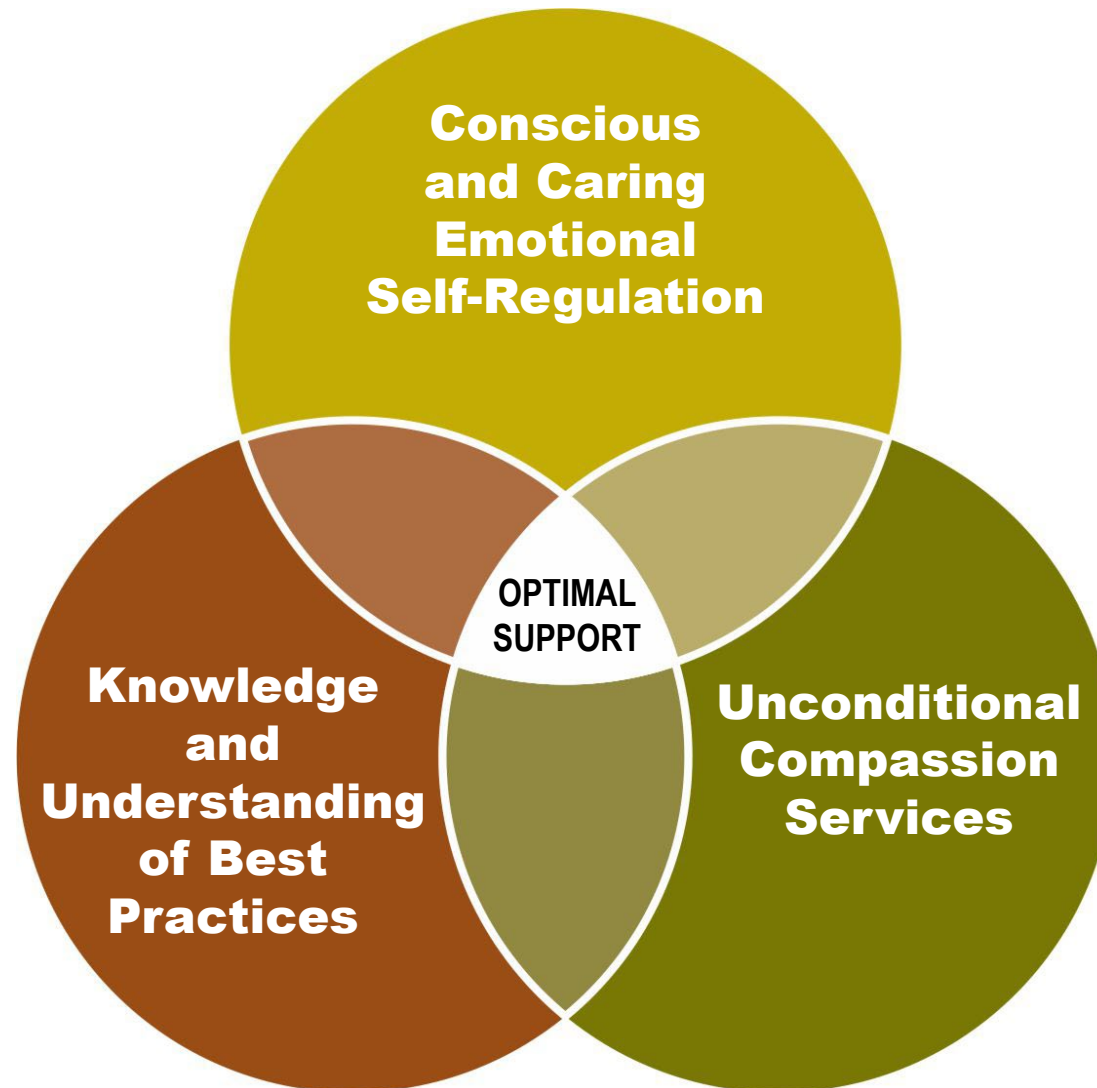

CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind People

Claim Your Brain, Start Your Heart
Session 2 – Resource 1 and 2

To Consistently Deliver Optimal Support – The Supporter Needs Three Key Professional and Intrapersonal Qualities



How often do power struggles with supporters and people supported compromise the quality of the supported person's well-being?

It appears that a minimum of 40% of behavioural incidents result from or are significantly influenced by generally good and caring supporters' unintended and unaware loss of emotional self-regulation. This often results in power struggles and other supporter induced behavioural antecedents.

Why might the average good and caring supporter become emotionally hijacked into power struggles that can cause challenging behaviours in the person being supported?



**Why might the average good and caring person at times
only play our 'C' game?**



Let's start by reminding you of the human predicament, that most everyone struggles with unless we personally and intrapersonally develop, e.g. become more emotionally self-regulated and conscious.

- We worry about a concern that we have done all we can do to correct, but something won't let us stop worrying.**
- We can't stop being angry or fearful, when we want to.**
- We get pulled into harmful power struggles but can't stop them from escalating.**
- We are unable to forgive someone, even when we want to and know that it would be helpful to forgive.**



- We don't want to lose our temper or be moody, but it seems to just happen.
- We struggle to be motivated to self-manage and improve ourself, even though we realize we still have some 'growing up' to do.
- We too often do not play our A-game, then later regret what we said or did.



- We know that some of the following life challenges are on their way into our life, but we just can't 'find the time' to prepare to prevent them from being overwhelming.
 - loneliness
 - emotional insecurity
 - boredom
 - a challenging, disabled or ill child
 - blow ups in important relationships
 - unemployment
 - life-partner betrayals and break ups
 - depression/anxiety
 - excessive chronic guilt
 - grief/loss
 - physical illness/disability
 - mental health disorders, e.g. ADHD
 - financial crisis
 - substance abuse
 - dementia
 - life-threatening illness



Definitions to Better Understand the ‘Set-up’

Over each 24-hour period, we can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when we are asleep in our bed.

Semiconscious: (autopilot) (5)

- like how we typically drive our car, relate to people and do most ‘doings’.

Fully Conscious: (self-aware) (10)

- like when we are paying attention – noticing **what** we are doing e.g. how we drive when a police car is following us;
- knowing **that** we are doing it and
- knowing **how** our **body’s sensations, feelings and thoughts** are reacting to what is happening.

Subconscious:

- our data bank of ‘files’ that we inherit and develop.

We Are in Effect, Most Often Walking in Our Sleep - Semi-conscious



Like how we drive our car most of the time.



To be aware, i.e. more fully conscious, we start by paying attention to what we are doing. It is as if we were driving our car and a police car was right behind us - we are really focused on our driving and also 100% aware **that** we are being followed.

Life's Set-up

Understanding The Main Sources of Our Loss of Emotional Self-Regulation

- To survive in the early, dangerous Paleo jungles, we needed Quick and Simple Reactions to solve life threatening problems.

“Our Brain hasn’t changed much over the last 50,000 years.”

‘The Chemical Factory’

Dr. John Ratey
Associate Professor of Psychiatry
Harvard Medical School

Life's Set-up

Understanding The Main Sources of Our Loss of Emotional Self-Regulation (cont'd)

- **The Brain therefore inherited and develops 'Files'/a data bank from which to semiconsciously speed-dial reactions to manage our world and keep us (mainly our ego) safe.**

Workshop - with a partner determine teacher and student.

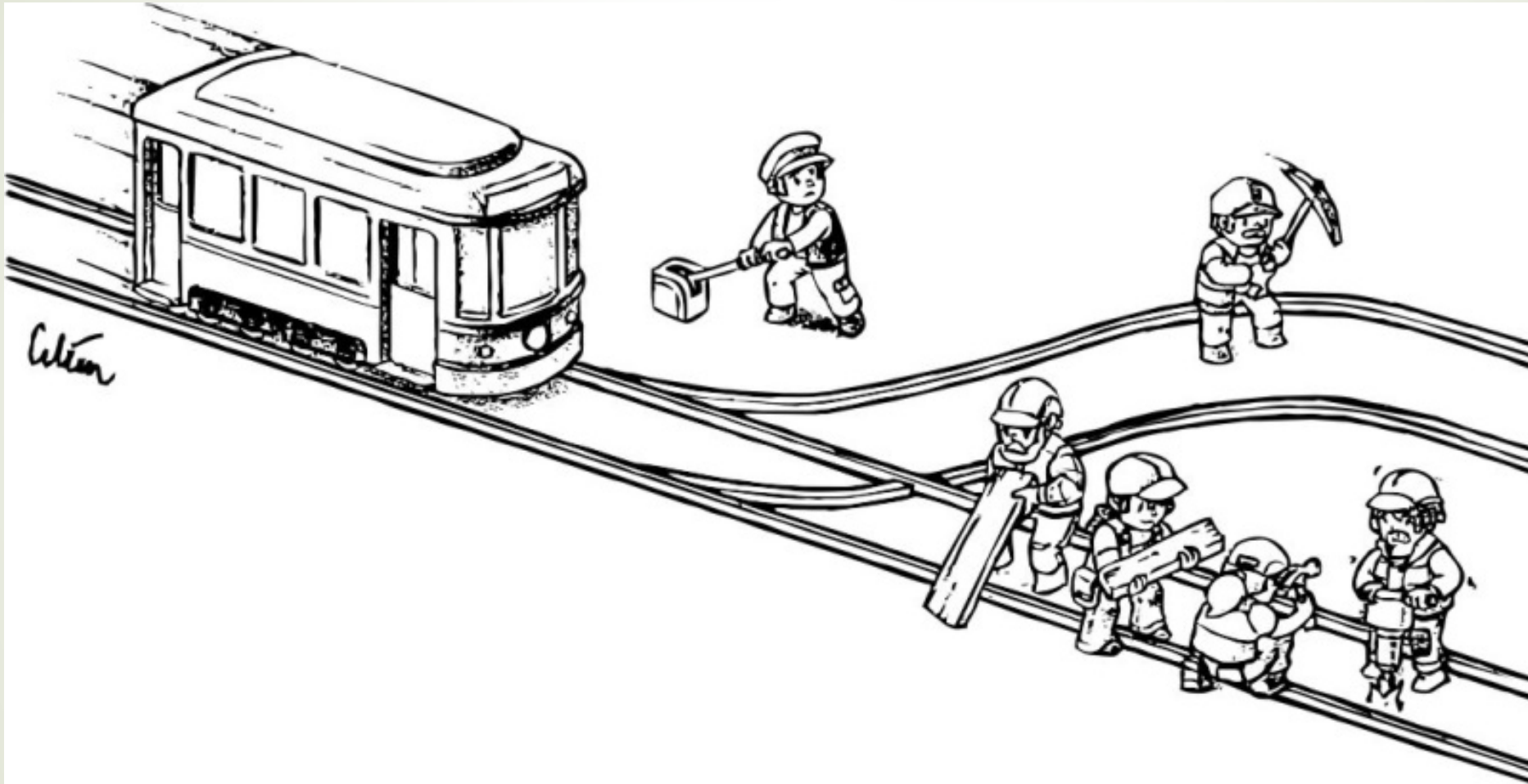
Speed Dialing Often Means.....

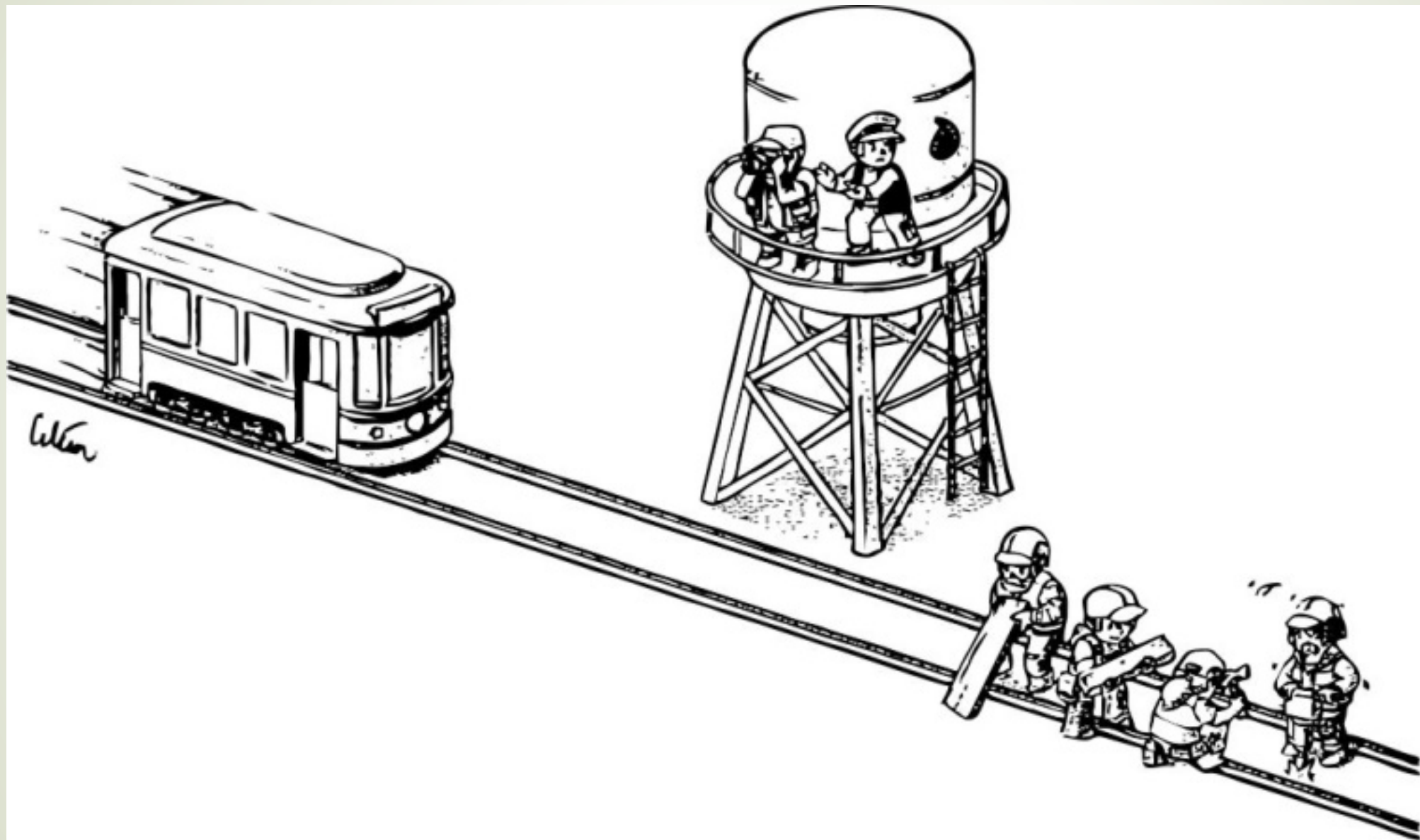
Being Semiconsciously Driven by the Brain's
Primitive and Programmed Needs to:

- look good and impress
- be in control
- be right
- be treated fairly
- not be criticized
- be judgmental
- be accepted by the 'herd'

Life's Set-up – Being Mostly Semiconscious

- Means that we have insufficient consciousness **to consistently offer our 'A' Game**
- Especially in crisis, we speed dial our 'C' survival game as our ancestors have done for thousands of years.



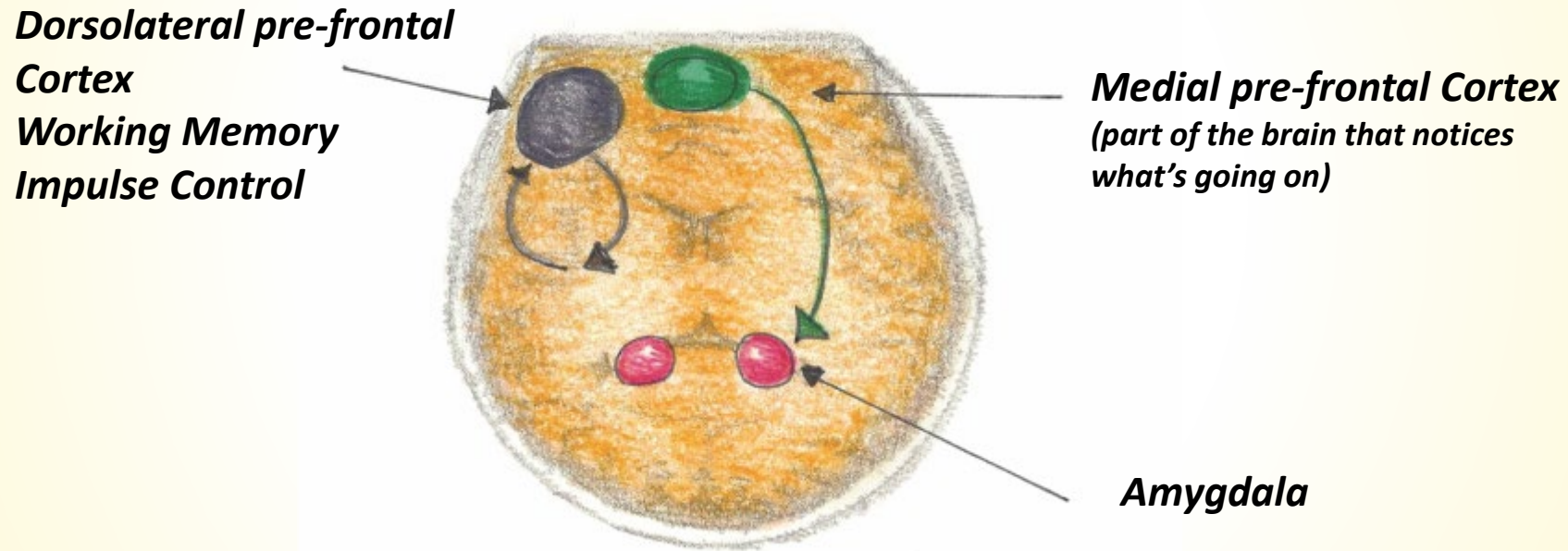


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Mindful Emotional Self Regulation

The main way we can consciously access the emotional brain is through self awareness*, i.e. becoming mindful. Mindfulness increases connections in the medial pre-frontal cortex. This reduces anxiety for the Supporter and the Person Supported.



(*Research reference: J. LeDoux, "Emotion Circuits in the Brain", Journal of Neuroscience 33, no. 9 (2013) 3815-23)

According to many published Neuroscientists, including Dr. Daniel Siegel (UCLA) in his book called ***The Mindful Brain*** (page 42 and 43) the following brain, body and being functions correlate with the activity of medial areas of the prefrontal cortex:

1. **Body regulation** – the emotional brakes and accelerator functions.
2. **Attuned communication** involves the coordination of the input from another person with the activity of one's own (as with mirror neurons).
3. **Emotional balance** to have enough activation so that life has meaning and vitality but not so much that life becomes chaotic.
4. **Response flexibility** is the capacity to pause before action.
5. **Empathy** – knowing what might be going on inside someone else.
6. **Insight or self-knowing** awareness to be able to link the past, present and future.
7. **Fear modulation** that may be carried out by the release of the inhibitory neurotransmitter GABA.
8. **Intuition** – a neural mechanism by which we process deep ways of knowing via our body i.e. 'somatic intelligence'.
9. **Morality** – taking into consideration the larger picture, to image what is best for the whole not just one's self, even when alone.

The You

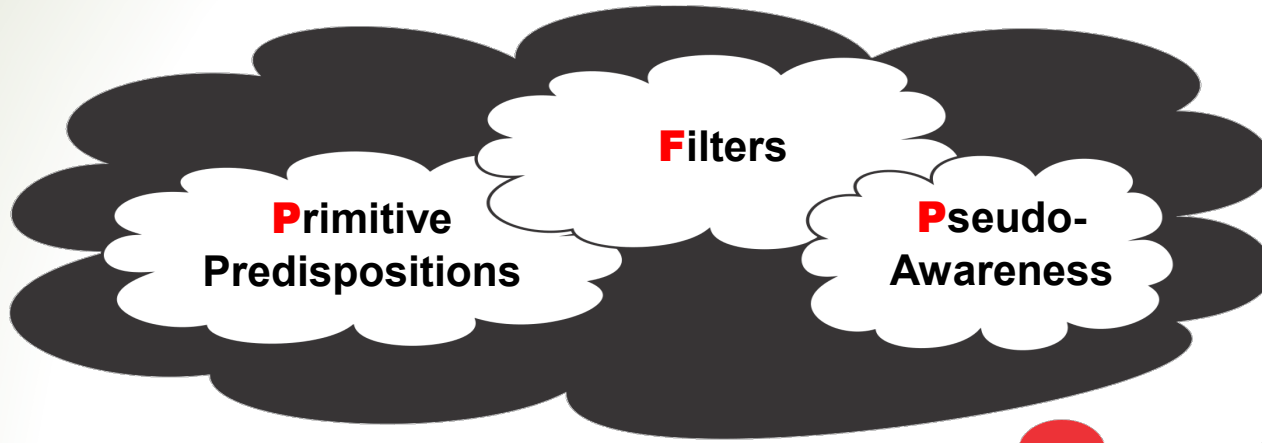
Who is Listening to Me

Did Not Make the Choice

To Push or Not!

(Unless you were mindful/conscious)





Primitive Predispositions

- Inherited survival and sex driven 'Nature' brain.

Filters

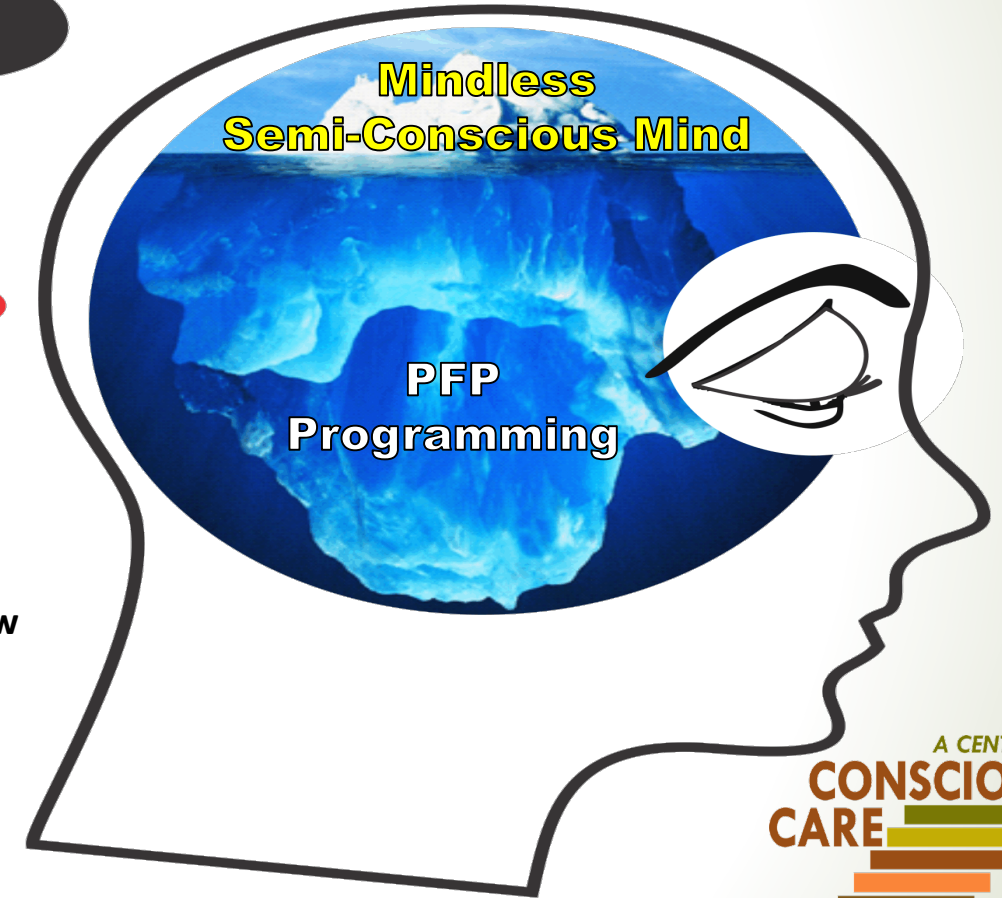
- Our childhood learned "I need", "I am", "Others are" 'Nurtured' brain

Pseudo-Awareness

- Erroneously believing that we are aware, here now when really we are not.

Me Mind

- Our semi-conscious 'Not Here' brain.



Question?

**Why do people say and do things that they later regret,
when they knew better?**

and

**Why don't people say and do things
that later they wish they had?**





Making Choices

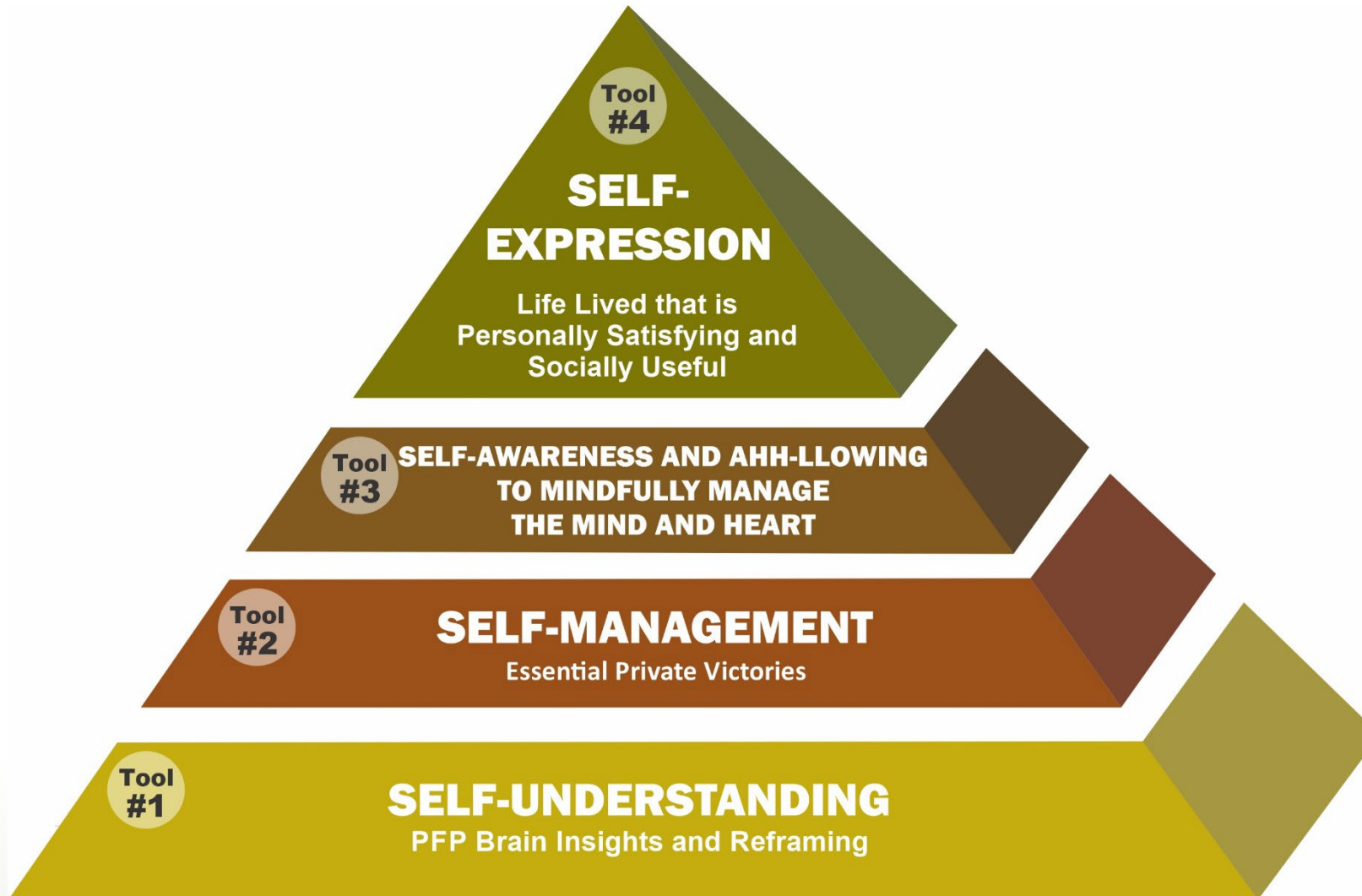
Place your hand on your desk or knee and sometime over the next 5 seconds, raise your index finger and watch it raise.

What happened?



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The 4 Essential Inner and Outer Life Tools of Personal Development and Optimal Self-Expression



Optimal Self-Expression

is not consistently possible without

Self-Awareness

which requires ongoing

Self-Management

as a result of the motivation stimulated by

Self-Understanding

of the Human Predicament





Tool
#1

SELF-UNDERSTANDING

PFP Brain Insights and Reframing

Self-Understanding

Self-Understanding is the first tool. This critical tool is applied to enhance our understanding of how deeply controlled we are by our **P**rimitive/nature brain, **F**ilters/nurture brain and **P**seudo-awareness that unknowingly drives most of our feelings and behaviours.

We call this **PFP** Prison and most people are not motivated to break out of it until they better understand their predicament and its costs.

Do You Have A Thinking Problem?

More of The Human Predicament of Being Semiconscious Indicating Limitations of Free Will To Think and Feel

- Do you know what your next thought will be before you have it?
- Do you have incessant talking thoughts with yourself all day long?
- Can you stop these thoughts at will for even 15 seconds?
- When you are emotionally hijacked, how long does it take you to realize it and stop it?
- Would you share all the thoughts you had yesterday with anyone?

We are Born to Lose

One of the most significant and important parts of self-understanding is to know that we are only naturally prepared to survive and reproduce.

Personal qualities like meaning, purpose, compassion, love and unconditional caring, and even happiness must for the most part be learned and earned.

Monkey Business

Inattentional Blindness

**We Take In Only Some of What We See and Hear – Then
Remember Less**



We Miss... Buildings - Pain - Cars and Other Truths

More Primitive Predisposition Problems

Examples of Inherited Primitive Predispositions (The Hard-drive)



75 – 45 - 10

Brain Priming – Cognitive Bias

1.

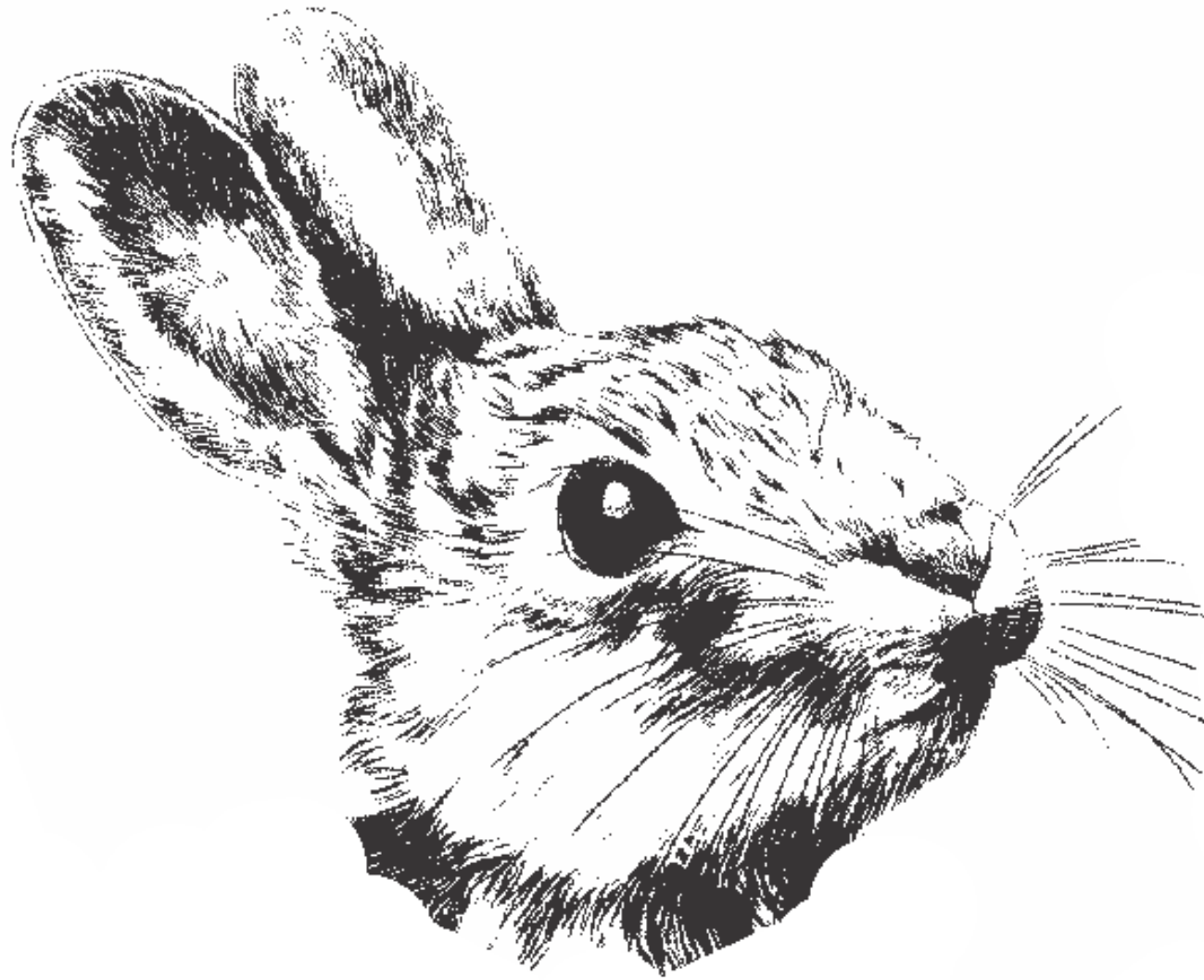


MRI Research

2. If you are shown a picture that you find disgusting, you will be much more likely to vote conservative.
3. Sound waves can significantly change our moods and feelings (Classical versus Hip Hop, Rap music (Sound Waves/Sonication Science)).

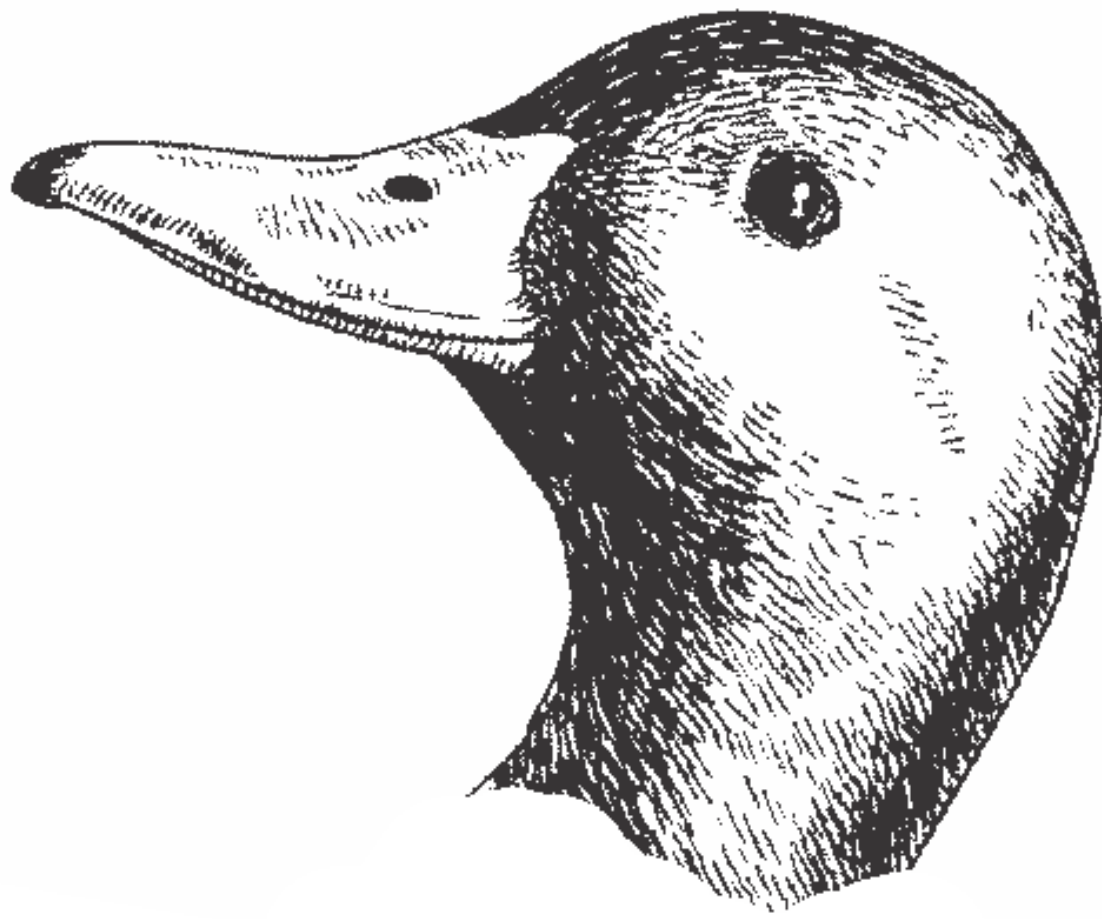
Experiment

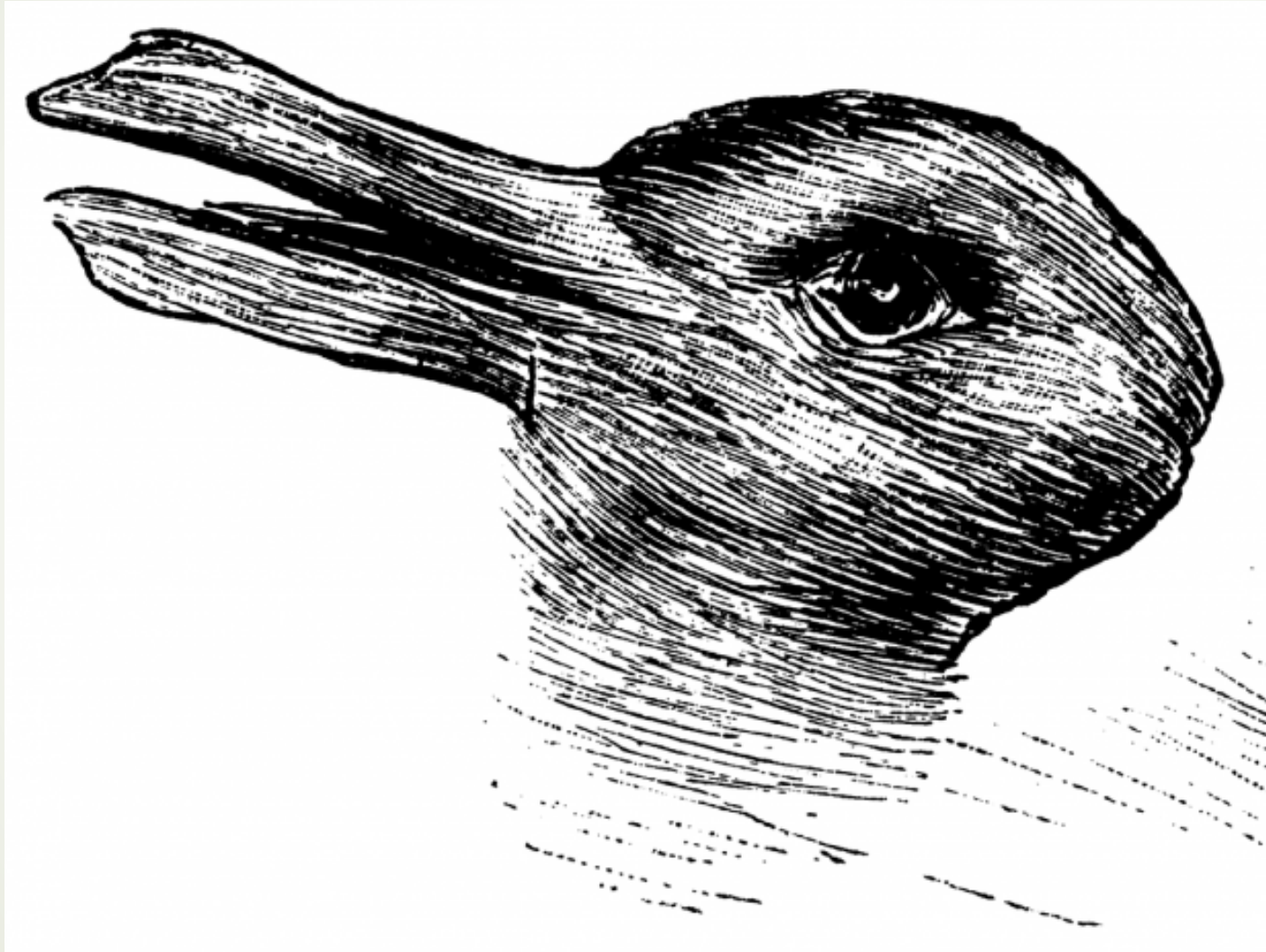
1. Divide into pairs and decide who is #1 and who is #2.
2. Everyone close your eyes.



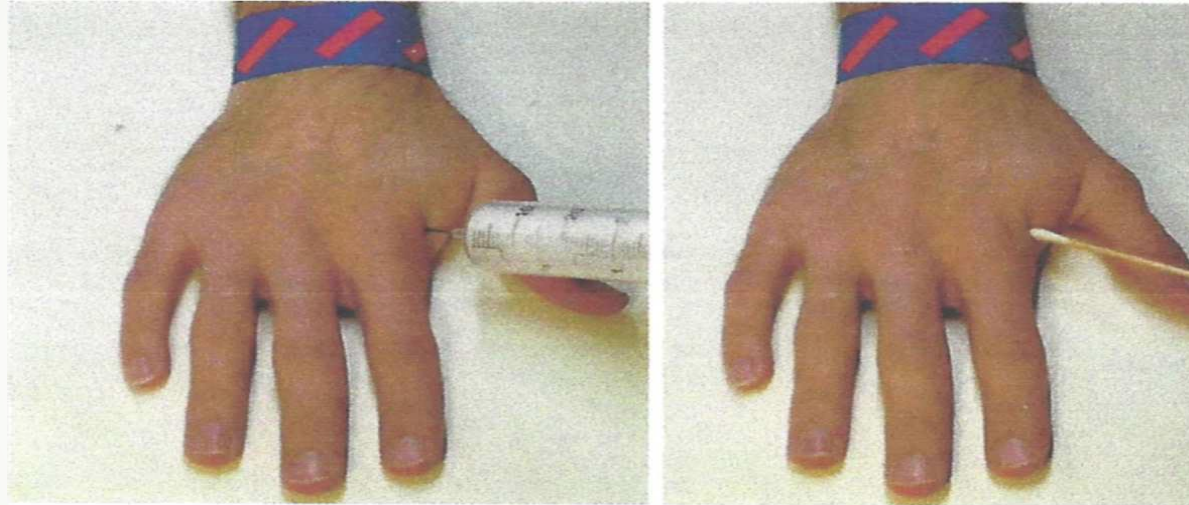
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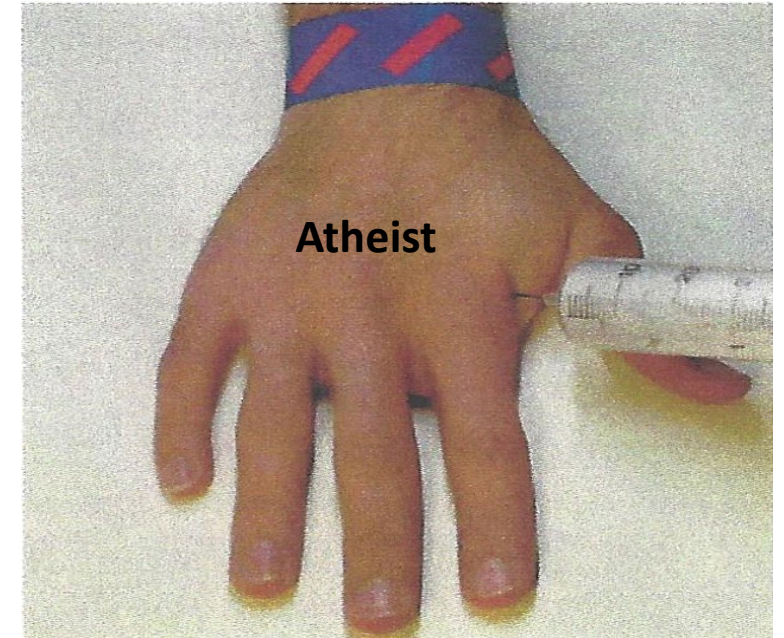
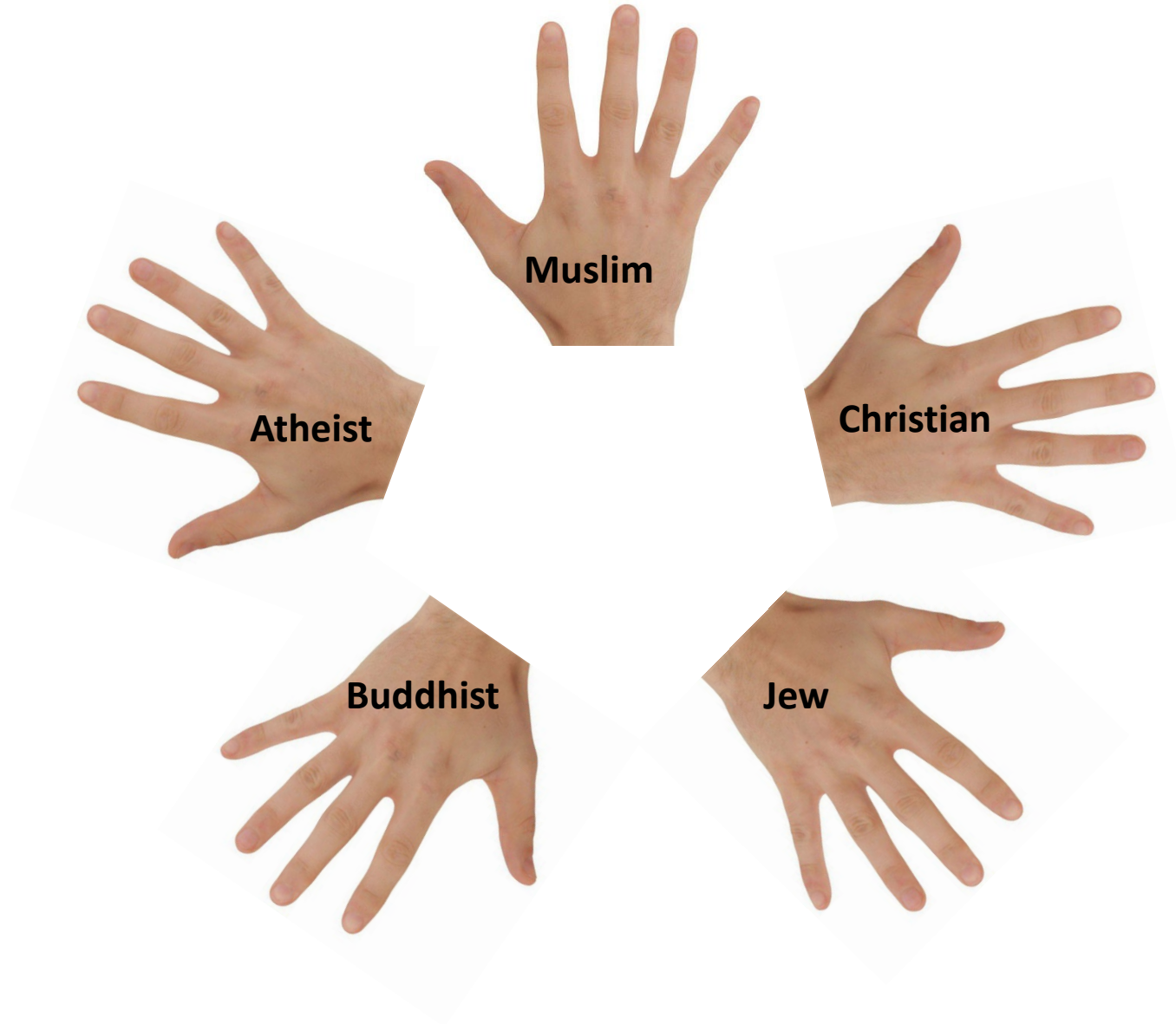
Is Most Everyone's Brain Designed to Devalue People Supported?



MRIs indicate that most individuals' brains react with strong pain empathy when they witness this painful procedure.

Provided.....

Provided the brain relates to the injured hand as being a lot like its own!



Understanding 'In' and 'Out' Groups

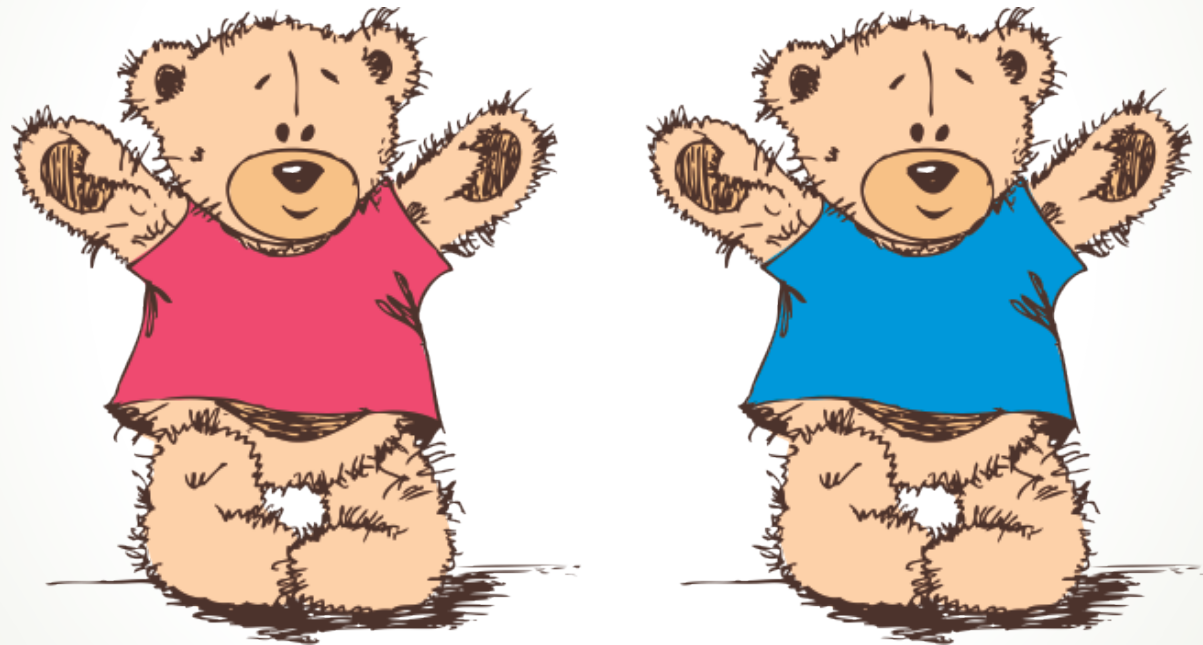
- The brain is wired to devalue/exclude others who it perceives to be different. In the old days, in the jungle, **'different was dangerous'** so the brain evolved to reward taking care of our 'in- group' not other's i.e. the 'out-group'.

Neuroscience research is showing that for average Canadians and Americans, **homeless people are dehumanized** by the semiconscious/mindless brain. They are **generally seen as 'different'** and therefore our PFP Programming (not us) often relates to them impersonally, not like our 'in' group members who we feel with and for.



*Department store research
and MRI Research – Dr. L. Harris*

What do we mean by an 'Inherited DATA BANK' of Primitive Predispositions?



In – Out - We Start Early

Fellow Explorers

- In each of us there is another whom we do not know – *Carl Jung*
- There is someone in my head and it's not me – *Pink Floyd*
- We don't really see things as they are, we see them as we are – *Anais Nin*
- How can I know what I think, until I hear what I say – *Forrester*



Self-Management

The Second tool is self management to more optimally manage our feelings, behaviour, growth and how we relate to others.

From Masks

to Meaning



Mask 1 – Primitive Predispositions

Our inherited 'nature' chemical factory' that needs **Self-management** to skillfully manage the 4 essential life tasks of relationships, work, compassionate action and loving.

Mask 2 – Filters

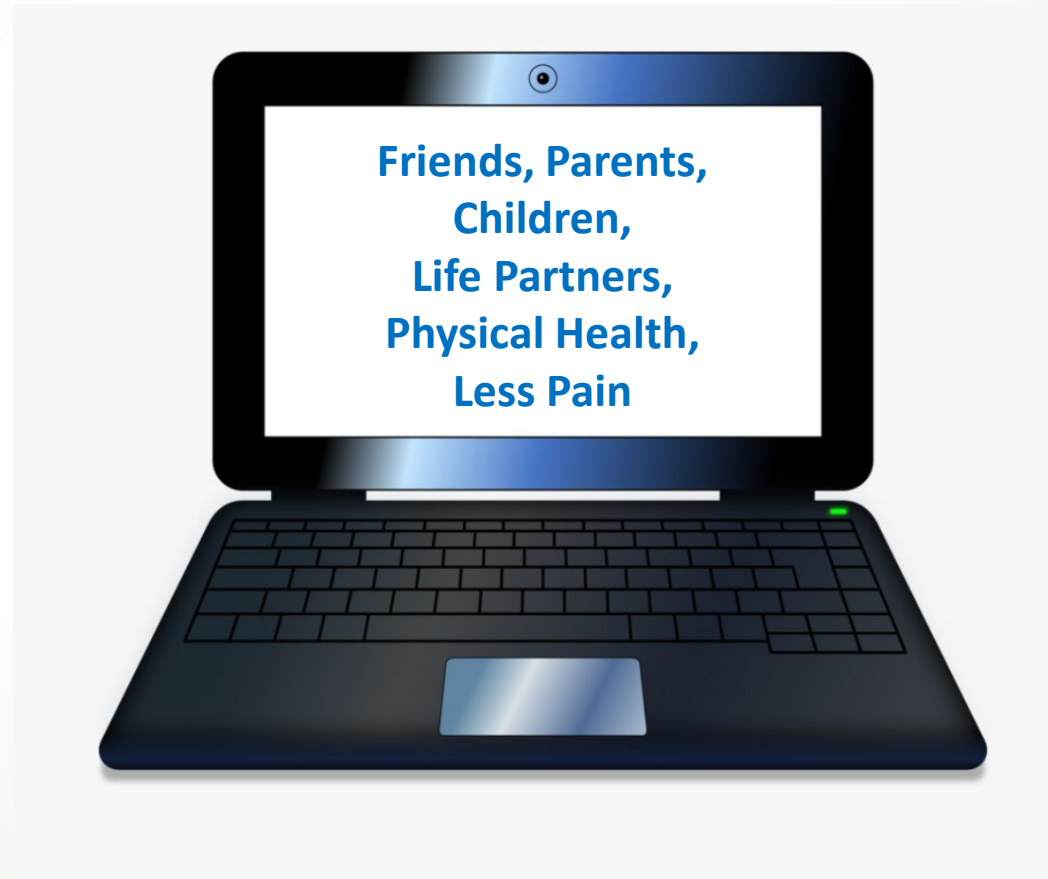
Our childhood 'nurtured' programs, i.e. faulty and fruitful filters - pipelines that carry the chemicals that need **self-understanding** for us to know why we do what we do and to make positive changes, e.g. emotional self-regulation and unconditional compassion.

Mask 3 - Pseudo-Awareness

Our mindless semi-consciousness that needs **self-awareness** to actually be present and conscious, to turn off malfunctioning chemical factory pipeline valves and turn on Conscious Connecting switches to experience authentic happiness beyond do'n, get'n and hav'n to make our life and the world a better place.

Keep Feeling Reasons to Stay Motivated and Committed to Self-Management – Front and Centre

e.g. Screen Savers





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We First Self-Manage by Applying the Following Growth and Development Principles

- Cultivate an attitude of indebtedness / gratitude instead of entitlement, especially about happiness – no one is entitled to it!
- Ask yourself, “What am I missing at this moment that would be helpful?” Remember that every story has three sides because of inattentional blindness.
- The best way to successfully change conditions in your life, to become happier or manage a crisis, is first to work hardest on changing and growing yourself—not more communications and behavioural strategies, e.g. can’t drift/sleep to the top of a mountain.

Development Principles - *continued*

- **Some things in life are not fair or just.** You don't have to like it; it is just the way it is. Move on! “When the horse is dead—get off”.
- **Success leaves clues**, e.g. initiate connections with happy people who consistently manifest their ‘A’ game even in chaos.
- **Life is a matter of odds, so plant many ‘crops’**, interests, friends, etc. and expect some failures - gym.
- **Ignorance is not bliss.** What we don't know can and will hurt us. Pay attention to our physical and emotional health – **the Great Depression.**

Development Principles - *continued*

- Follow the laws of sowing and reaping.
- Honour mood disorders and get help, e.g. my resistance.
- Life requires resolve: “I will” - stay motivated, revisit self-understanding.
- Life requires action: “Do” - intentions without action breeds delusion.
- Life demands commitment: “I am”.
- Intention, intention, intention - beam and fire walk.

Development Principles - *continued*

- ✓ Build muscles of resilience by **stretching limits of comfort** each day, (e.g. make some sacrifices and be equanimous with them).

- ✓ **Celebrate successes but make failures painful.** Own it! “I am unhappy today because I didn’t or don’t

_____.”

- ✓ As you come to awareness throughout your day, **activate intense awareness of the moment** by moment pleasant experience that you have with routine interactions and situations, i.e. one bite of food or saying good morning to a friend.

When People are Difficult

**When people are difficult people
in their presence, a chore.**

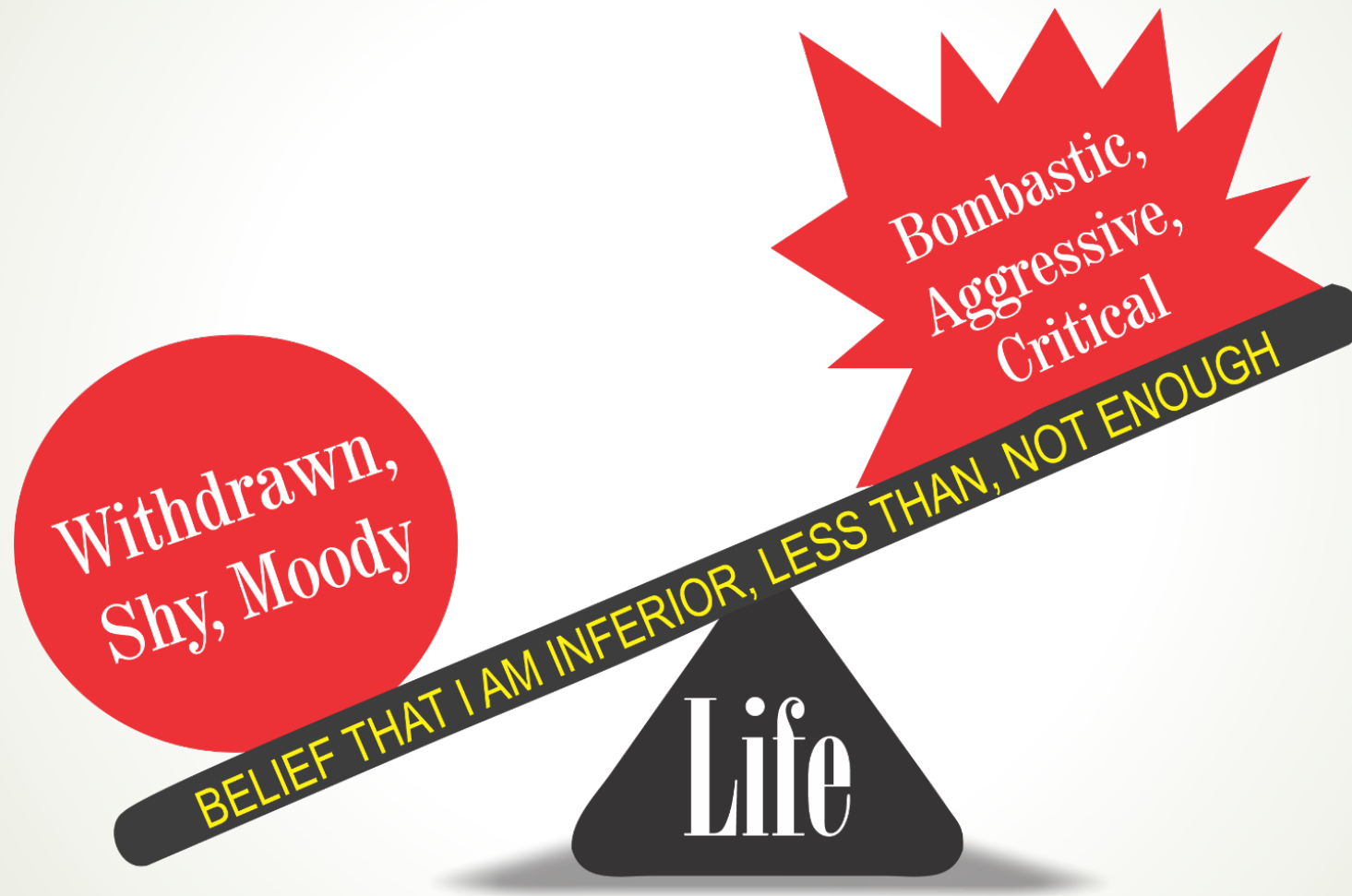
**With catch and calm their pain you'll feel,
when you question more!**

**What sad life could that child have had,
to have so tightly closed their heart's door.**



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Two Different Behaviours, One Erroneous Belief



Actually preventing and managing anger/emotional hijacks



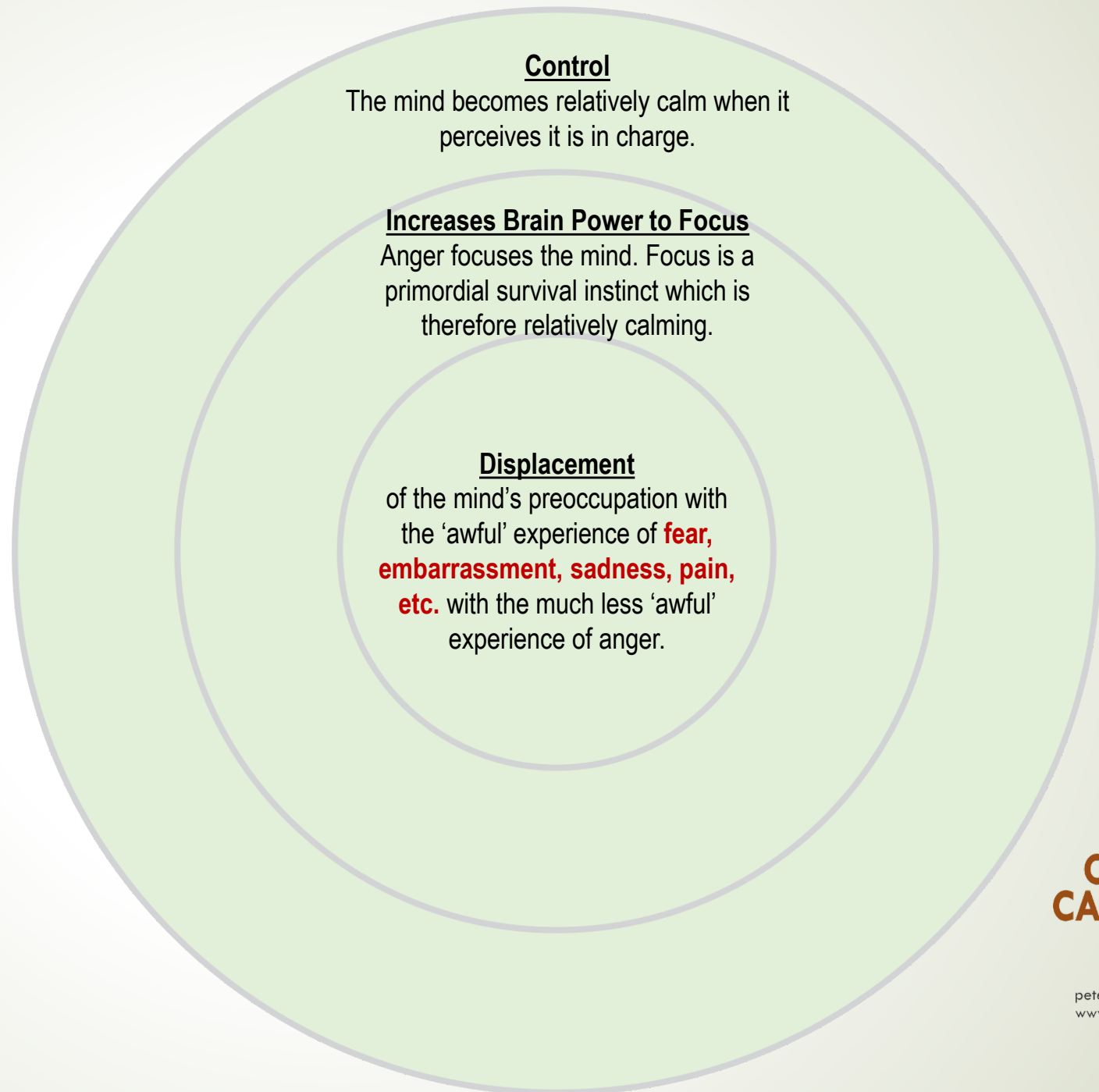
Annoyed Hurt/Upset Frustrated Resentful Overwhelmed Angry Enraged

The Anger Continuum



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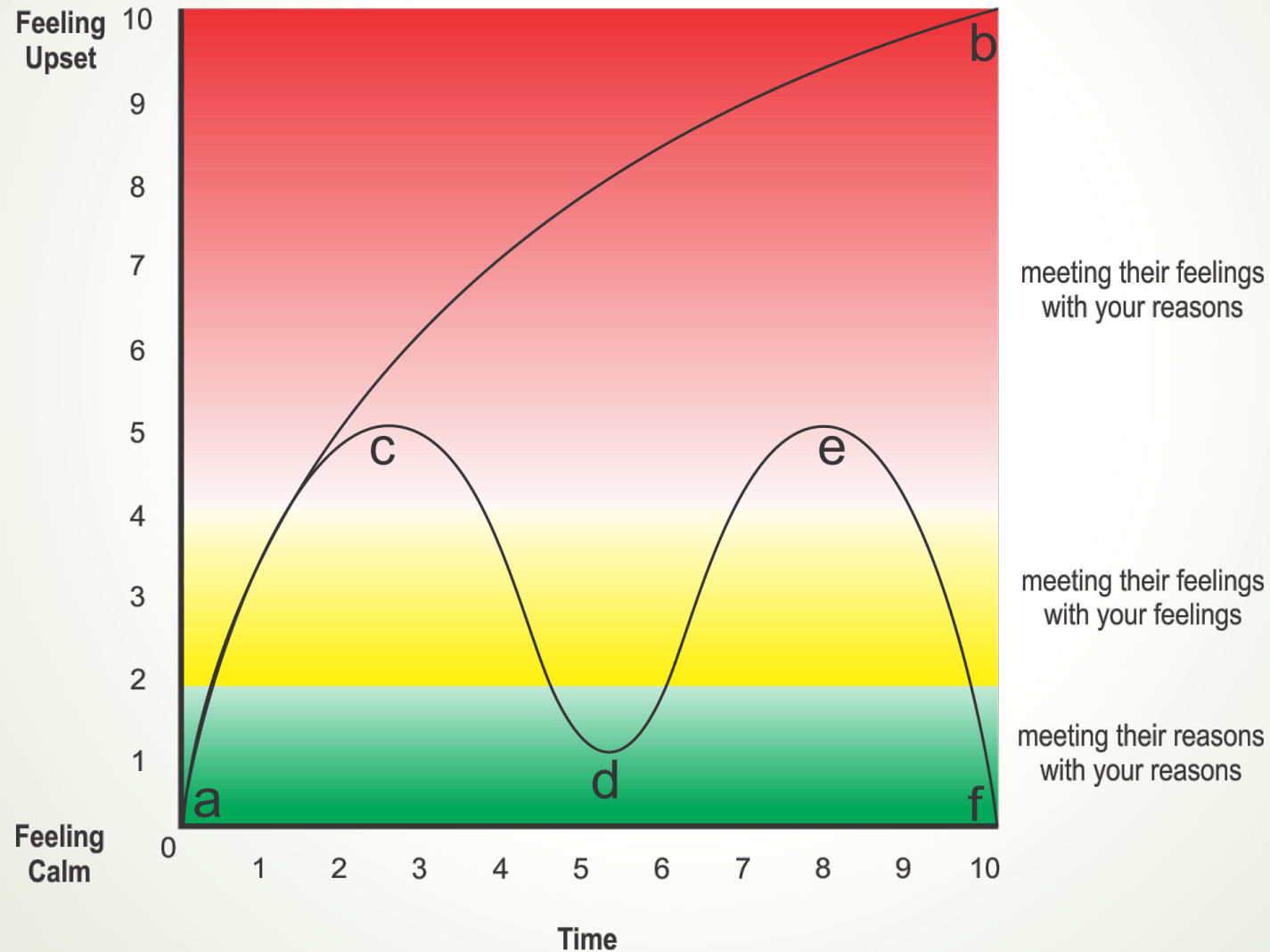
Thank You Anger, My Dear Friend - Anger's 3 PFP Survival Based Illusion of Hidden Benefits – Payoffs and Purposes



Steps to Prevent and Manage Anger

1. Catch yourself starting to become angry.
2. With mindfulness restructure belief, 'the heart transplant' – **Who is to blame here?**
3. With mindfulness keep the 'upper brain' online to problem solve.
4. We don't have to feel kind to authentically be it.

Effectively Expressing conflict – feelings to feelings and reasons to reasons





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The Human Predicament

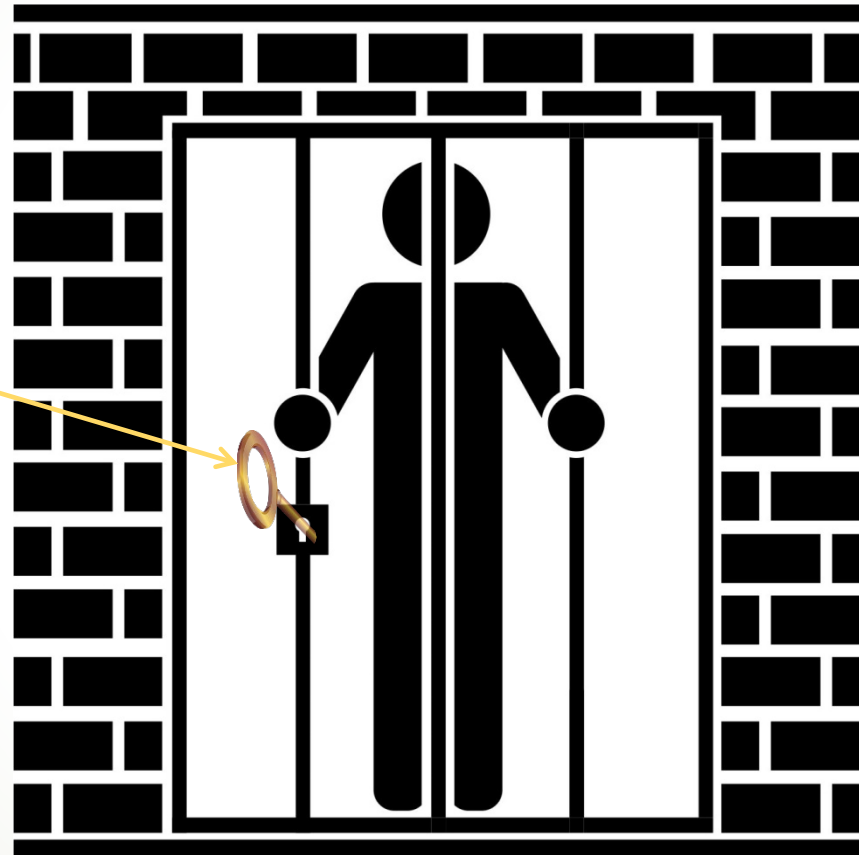
Most people go through their entire life being caught in, identified with, directed by their thousands of body, feeling and thought (BFT) reactions each day that pop in from their unique PFP programming.

When mindless, we have relatively little influence in developing or managing our PFP.

When we are mindful we have options.

Breaking Out of PFP Prison Is An Inside Job

Consciousness/Mindfulness



Session 2 - Resource 2



The VERY, VERY GOOD NEWS

- The Power/Influence of Negative PFP Programming can be significantly Reduced as a result of becoming more Mindful/Conscious.
- Mindfulness actually rewires the Brain's 'Live' Drive Modules like the Medial Prefrontal Cortex to give 5 ways to Prevent and Eliminate Emotional Hijacks and enhance our capacity to make better choices.

***B-FIT
MINDFULNESS***

it's not what you think



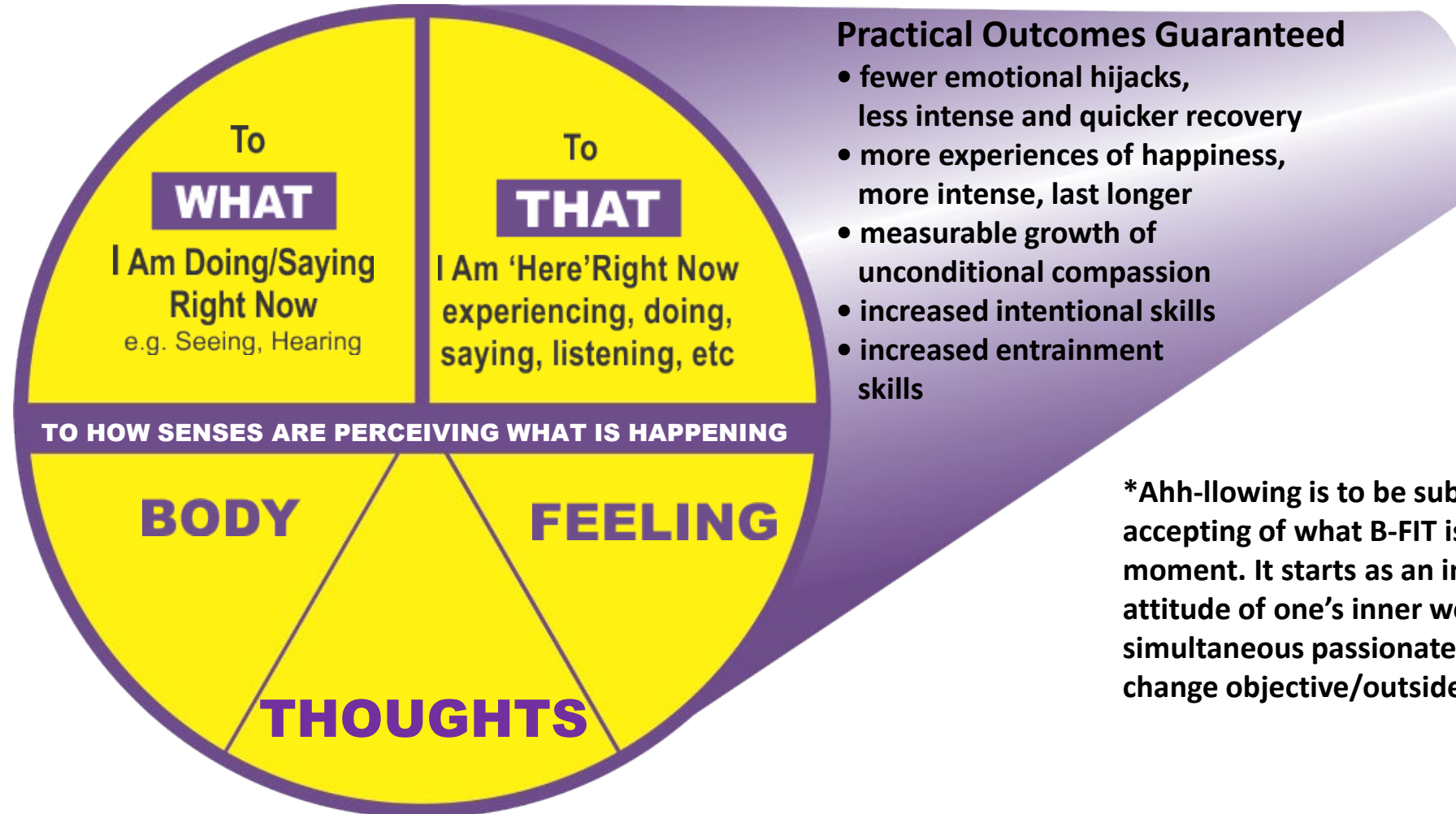
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Write Your Signature

B-FIT MINDFULNESS IS...

Being Ahh-llowing* of and Paying Attention:



*Ahh-llowing is to be subjectively/internally accepting of what B-FIT is doing moment by moment. It starts as an intended 'let it be' attitude of one's inner world with a simultaneous passionate commitment to change objective/outside reality as useful.

Looking with greater clarity

The Mindfulness microscope reveals a more complete and accurate experience of one's B-FIT senses, perceptions and misperceptions.



Complete the B-FIT Mindful Exercise



Mindfulness Exercise Debrief

- What was your Predominant Experience of Thinking - Image or Talk? Conclusion? You are not your thoughts or feelings.
- What happened when you just noticed a thought?
- Did you feel relatively calm? This means Set Point movement of the Parasympathetic Nervous System and Vagus Nerve activation = Unconditional Compassion-after 25 hours some of the PNS stays turned on.
- Feelings – ‘There is’ versus ‘I am’.

Mindfulness exercise reference www.centreforconsciouscare.ca Audio Resources,
Spotify Link ‘Stealing Happiness from Life’ – A Centre for Conscious Care
Military 211



The following 5 Ways are How We Accomplish Radical Changes to Nature, Nurture and Normal's Nasty PFP Programming

B-FIT Mindfulness has been specifically designed to interrupt this authoritarian regime's power in the following 5 ways:

1. A reminder of being in prison:

Firstly, mindfulness reminds us that our Mind has a Mind of its own and that when we are only semiconscious (like how we drive our car), our **PFP** (not mindful us) is making many poor choices.

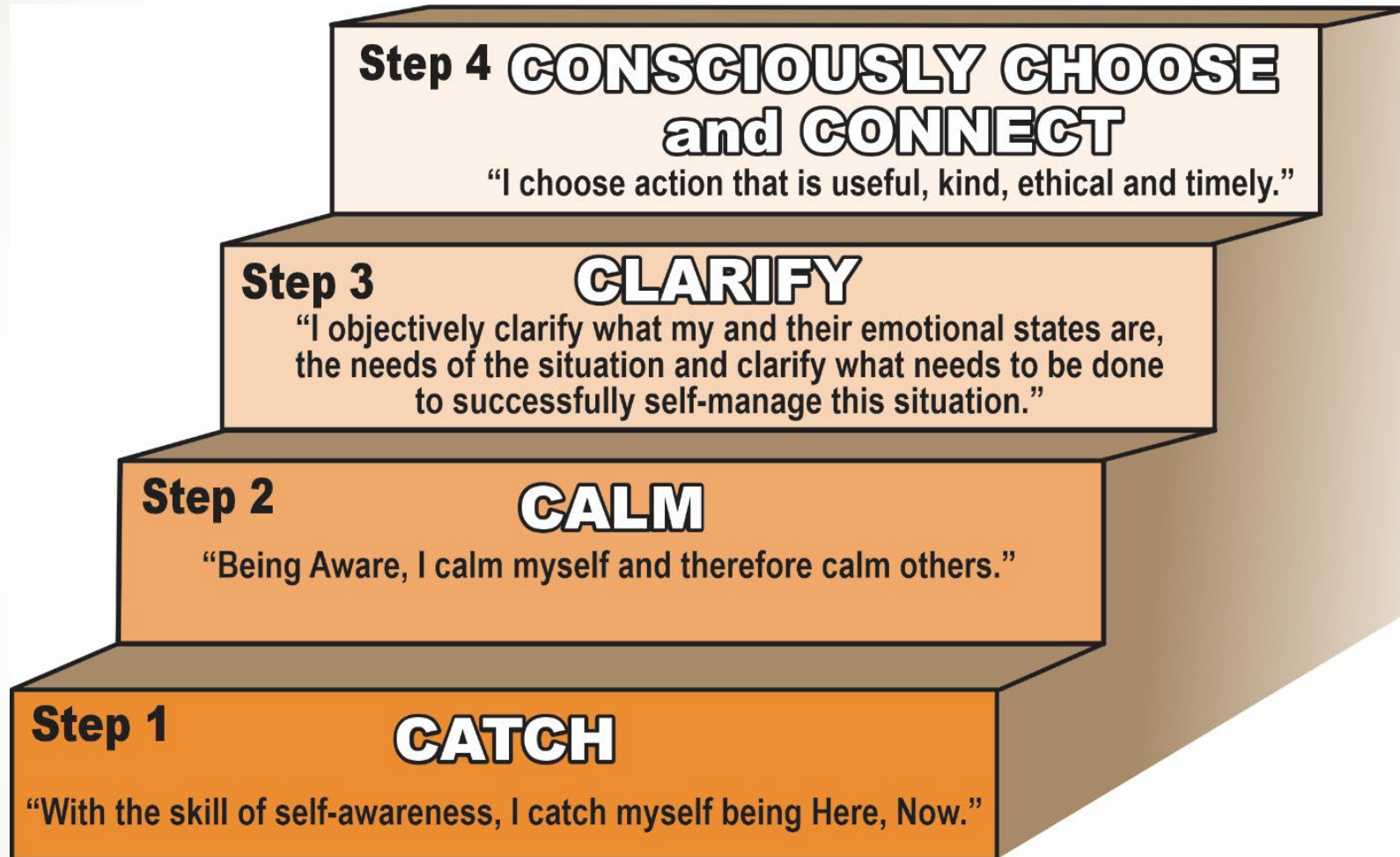


2. Awareness right now of More Optimal Responses:

The 'mindful me' has a much greater likelihood of not being as semiconsciously driven to behave in accordance with PFP Programming initial thoughts' and feelings' directives.

The more conscious we become in the moment, we immediately 'rethink' more optimal responses than initially offered by PFP.

I call this the Catch, Calm and Clarifying process.



No matter what situation presents itself, from fun to fear, in order to respond optimally you will learn how to follow these steps:

1. **CATCH** our self being *here*, in the moment with awareness and ahh-llowing (Tool #3).
2. If applicable, we then become aware of getting stressed, impatient, angry and move into a **CALMING** strategy (*applying for example the Awareness-Based Calming strategies outlined in Appendix 4*).

Just catching ourself starts the process of calming.

3. Now we **CLARIFY** the needs of the situation. What is happening? Should I back off? Should I say something useful, ethical, timely and kind? Should I be empathetic because they are upset? What is the best way to meet their needs and mine?
4. Now and only now can you **CONSCIOUSLY CHOOSE** (i.e. actually have some relative control to not be driven by the PFP thinking process) and **CONNECT** in the most helpful ways.

How You Will Learn to Break Free of PFP Prison

- Become aware of the fact that you are here NOW;
- Become aware of what you are doing, saying, feeling and thinking NOW;
- Become aware of your body sensations, feeling and thought reactions;
- Deliberately self-talk conscious positive intentions, e.g. “may we be at peace now.”

When we fully and consciously connect as described above, we move beyond what our survival reactive senses tell us to a place of stillness, wisdom and compassion.

Social and neurosciences are clear that our happiness is in great part dependent on how often and how completely we give and share our time and resources with others. Research on the science of happiness shows that it is very much dependent on mindfully:

- Being useful, ethical and kind to others (even strangers).
- Being grateful for what we have.
- Having healthy physical habits (breathing, nutrition and exercise) and
- Offering unconditional compassion and help to others as applicable.

Ben, Me, and Me – Self-Management and the 5 ‘C’s



3. Upgrade the Live-Drive:

As we mature to B-FIT wisdom and kindness and intrapersonal skills, the PFP live-drive seems to be upgraded to a more complete version (i.e. me version 2.0) so even the PFP autopilot thoughts, feelings and actions are now more aligned with the more conscious 'ideal self' me.

4. Those Thoughts and Feelings Are Not Me:

As we are 'just naturally' more and more mindful, the 'Mindful Me' (witness, noticer, observer), less and less identifies with 'the' thoughts and feelings as 'me'.

This results in consistently manifesting our highest level of Competence, Calm and Care for **all** others.





5. **Wisdom and Authentic Kindness:**

With sufficient:

- Time
- Focus
- Sensory clarity
- Ahh-llowingness

B-FIT starts to self-organize into flowing ‘emerging’ wisdom and ‘usness’ authentic kindness.

Consider the following...



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**“From a mindful centre we can respond instead of react.
Unconscious reactions create problems.
Mindful responses bring peace.
Whatever happens can be met with wisdom and
compassion.”**

Jack Kornfield



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WE MUST LEARN TO.....

Be Self-Aware e.g. Mindful and Intentional in the Moment to:

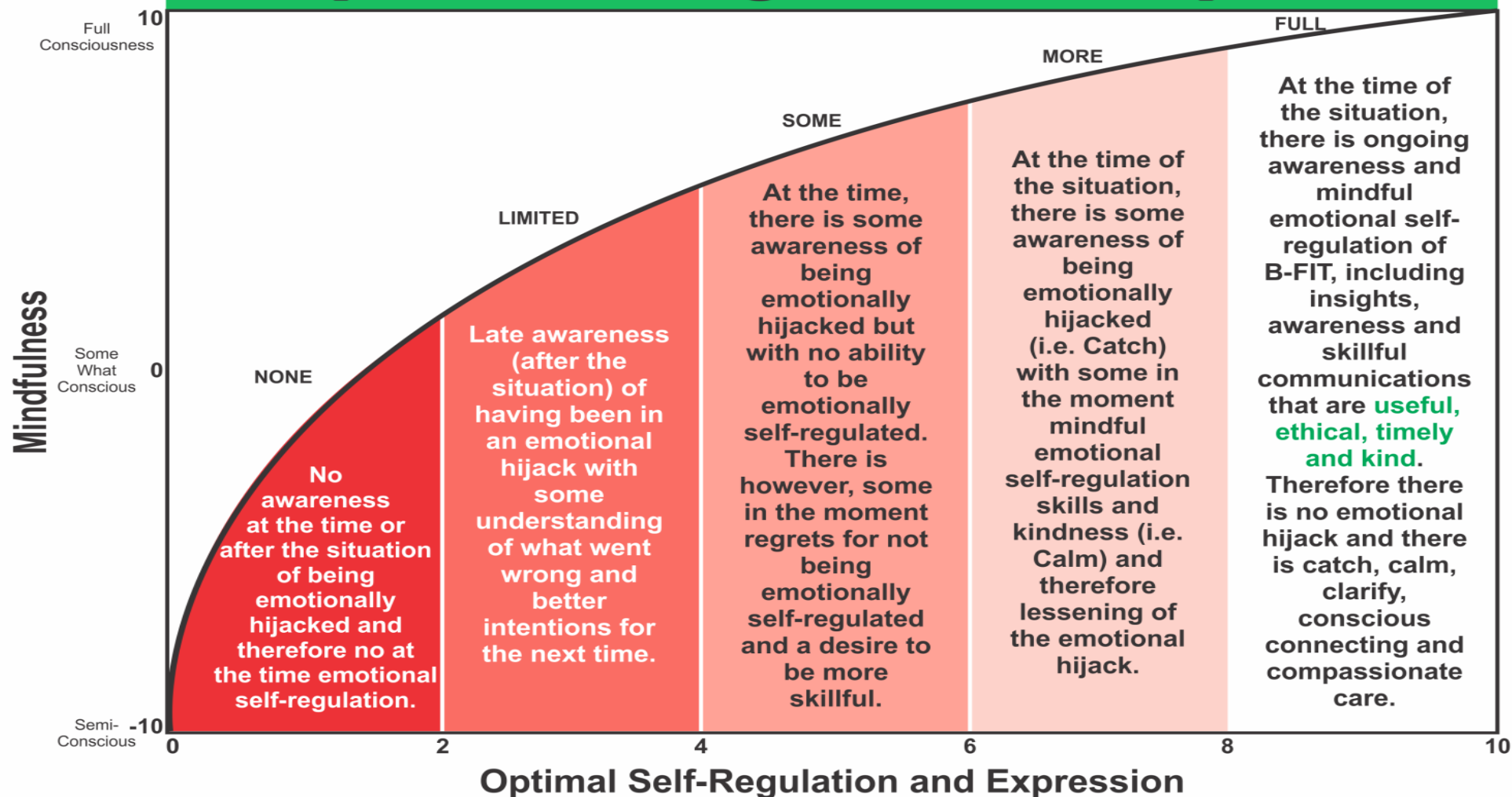
- Know/realize **that** you are here now.
- Experience Thoughts and Feelings as messages – not you.
- Allow Thoughts and Feelings to come and go and not drive and distort your subjective experiences.
- Ensure emotional self regulation regardless of Thought content.
- Be unconditionally compassionate – regardless of how you are Feeling.



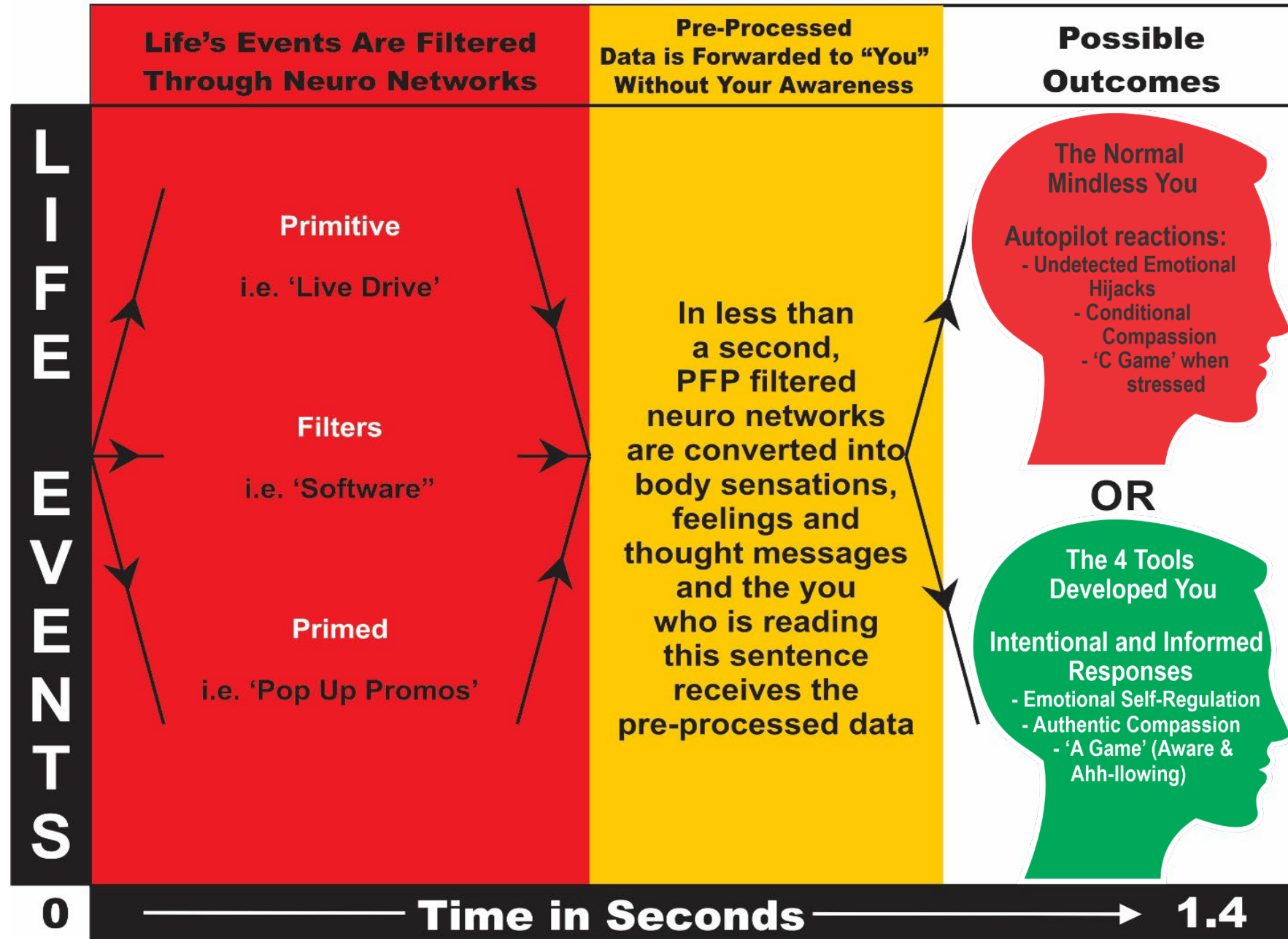


Practise
Practise
Practise

The Unified B-FIT Mindfulness Continuum of Optimal Self-Regulation and Expression



Our Human Predicament - Optional





Self-Expression

The fourth and last tool on the pyramid is *Self-Expression*.

- Simply put, this is bringing our best self, our A-Game, to whatever we do and say.
- Not driven by the 4 outs of burn-out, tune-out, freak-out and space-out.
- All speech and actions spontaneously become useful, ethical, kind, and timely.

Rid the Weeds that Kill Good Seeds in Life's Garden –

- **Indecision – get down off the fence. Even the wrong side is better because you will learn sooner what you must do;**
- **Self-Doubt is in part a lack of awareness. Process it with mindfulness.**
- **Substitute worry with good activity. New behaviour almost always changes moods.**

Rid the Weeds that Kill Good Seeds in Life's Garden –

- **Overcaution: take justified risks and process your reactions skillfully.**
- **Pessimism: “As you think, so you will become” beliefs – muscle testing.**
- **Avoid passive hope –“Maybe it will get better”. Avoid happy hope – “It’s not great, but it’s okay”.**
- **Monitor your use of social media. Stand guard at the doorway of your mind: garbage in, garbage out.**



**“From a mindful centre we can respond instead of react.
Unconscious reactions create problems.
Mindful responses bring peace.
Whatever happens can be met with wisdom and
compassion.”**

Jack Kornfield



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WE MUST LEARN TO.....

Be Self-Aware e.g. Mindful and Intentional in the Moment to:

- Know/realize **that** you are here now.
- Experience Thoughts and Feelings as messages – not you.
- Allow Thoughts and Feelings to come and go and not drive and distort your subjective experiences.
- Ensure emotional self regulation regardless of Thought content.
- Be unconditionally compassionate – regardless of how you are Feeling.





Start Your Heart – Money Back Guarantee

As a result, happy and fulfilling and compassionate times can be more often, more intense and last longer

and

Times of suffering such as emotional hijacks and power struggles can be less frequent, less intense and recovery time will be quicker.



Compassion appears as selfless service, yet in mindful care and support we do not serve the other; we serve “us”. Compassion’s communion brings us together in a whole. It does not see the world’s pain and sorrow as other, it is shared, and it is ours. When we allow our shared vulnerability and humanness, our compassion is as natural as our breath and without hesitation we act to help.

Thich Nhat Hanh



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**Think Big but Start Small
and Do Small Everyday**