



B-FIT MINDFULNESS: Labelling

B-FIT Mindfulness

🔑 Core Concept

Labelling is the mindful act of naming experiences as they occur within the B-FIT framework—Body, Feelings, Images, and Talk. By consciously identifying sensations, emotions, and thoughts, we create space between stimulus and response. Labelling reduces emotional hijacks and promotes clarity, compassion, and control in both support and leadership.

☀️ How to Practice: Labelling

Pause and Notice	Notice what's arising in your experience in the present moment.
Label Gently	Identify each element of experience as Body Sensation (B), Feeling (F), Image (I), or Talk (T) thoughts. For example: • 'Warmth in chest' → Body (B) • 'Tightness' or 'sadness' → Feeling (F) • 'Mental picture or memory' → Image (I) • 'Self-talk or internal dialogue' → Talk (T)
Ahh-llow	Let the experience exist without trying to fix or fight it.
Return to Awareness	Notice how labelling softens reactivity and restores balance.

To support you with your learning, please check out the A Centre for Conscious Care website as there are many guided sits available for you to follow along with and grow in your skill set of B-FIT Mindfulness <https://centreforconsciouscare.ca/>.

💡 Benefits of Labelling

Labelling is a foundational skill set of B-FIT Mindfulness and can be done internally (with an inside voice) or can be verbally expressed out loud. It can support orientation to the present moment and can help those who may struggle with staying focused with the busyness of the untrained mind.

Labelling:

- Brings awareness and structure to complex emotions.
- Interrupts automatic reactions and emotional hijacks.
- Enhances focus, calm, and emotional intelligence.
- Encourages curiosity instead of judgment.
- Supports trauma-informed, compassionate care by giving the experiences an outward name, rather than internalizing an experience.

💡 Key Insight

Labelling transforms inner chaos into conscious awareness. By naming what we experience, we disarm its control and regain our ability to respond with clarity, compassion, and presence. In mindfulness, naming is the first step to knowing—and knowing is the gateway to peace, understanding and compassion