



Developing Emotionally Self-Regulated and Kind Supporters

Breaking Out of PFP Prison

Session II – Resource 2



Breaking Out of PFP Prison Is An Inside Job

Consciousness/Mindfulness



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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.

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B-FIT MINDFULNESS

it's not what you think

How to Escape from the 'Dog Eat Dog' World

- If you can always be cheerful, ignoring aches and pains;
- If you can resist complaining and boring people with your troubles;
- If you can understand when your loved ones are too busy to give you any time;
- If you can take criticism and blame without resentment;
- If you can relax without alcohol;

...Then You Are Probably

Our Human Predicament and Potential

We human folks are different from other animals with whom we share this planet.

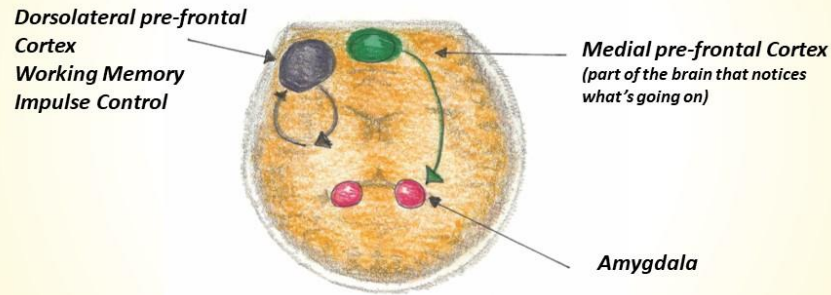
This is because we have the potential to be conscious. This is to know that we are here and as a result can make choices that your average dog likely can't.

Become aware that you are listening to me right now.
Let's call this being somewhat more conscious.



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.

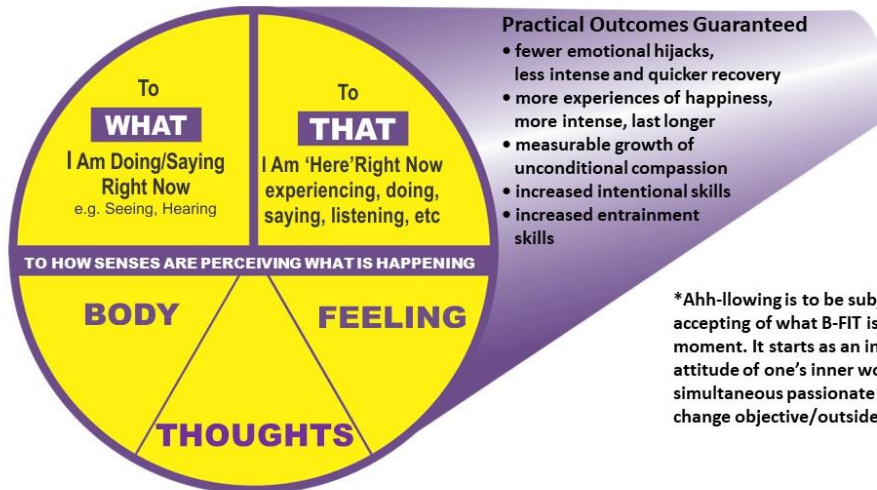


(*Research reference: J. LeDoux, "Emotion Circuits in the Brain", Journal of Neuroscience 33, no. 9 (2013) 3815-23)

Write Your Signature

B-FIT MINDFULNESS IS...

Being Ahh-llowing* of and Paying Attention:



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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

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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, Disk 9, Track 1



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“It is the mind and only the
mind that determines the
quality of one’s life.”

Siddhartha



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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.



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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.

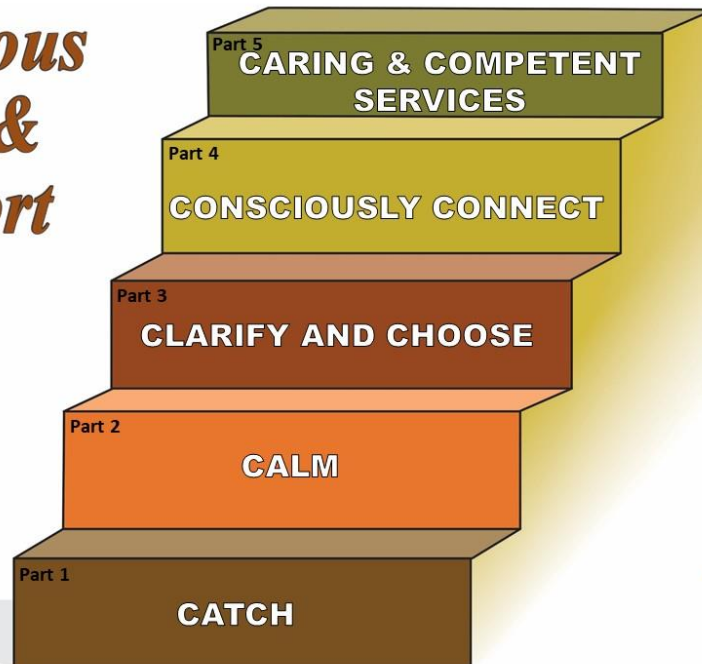
I call this the Catch, Calm and Clarifying process.



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Conscious Care & Support

*5 B-FIT
Mindfulness
Based Essential
Human
Competencies
required to*



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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.

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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.



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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:

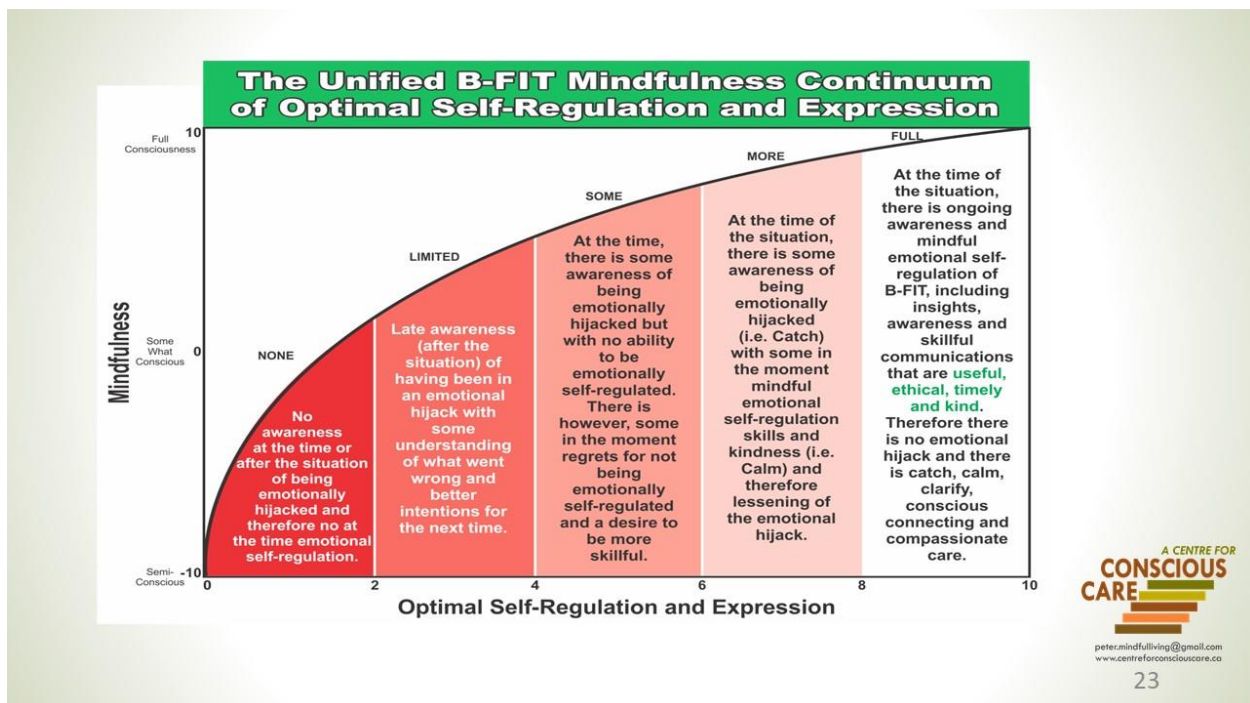
- Know/realize **that** you are here now.
- Experience Thoughts and Feelings as messages – not you.
- Ahh-llow Thoughts and Feelings to come and go and not drive and distort your subjective experiences.
- Ensure emotional self regulation regardless of Thought content.
- Be unconditionally compassionate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



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Practise Practise Practise



Start Your Heart – Money Back Guarantee

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

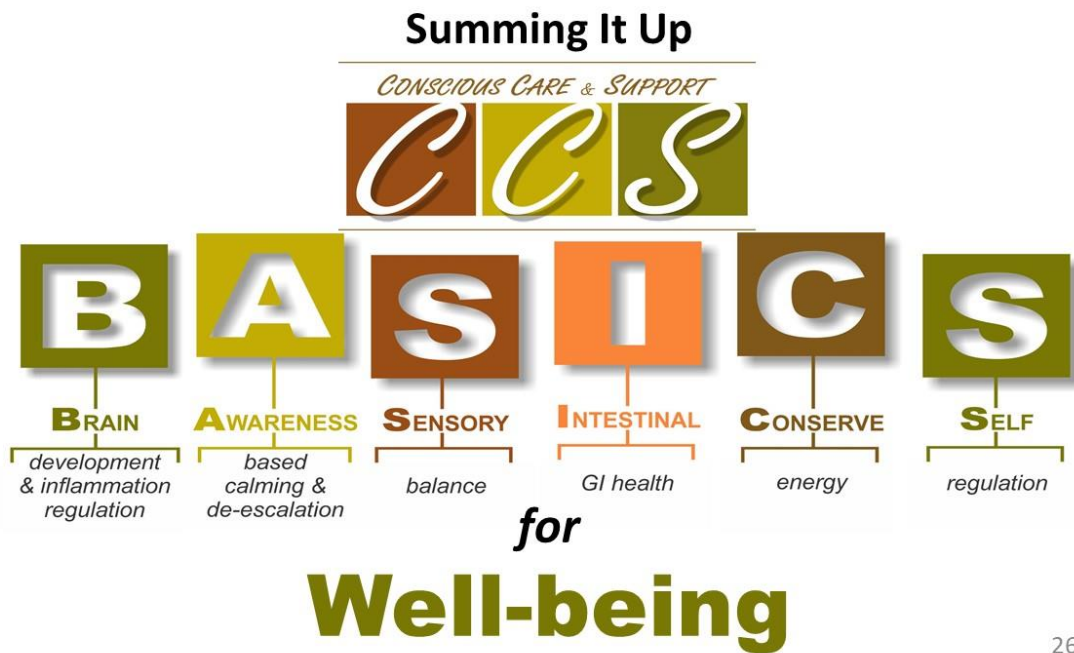
and

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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**How I Will
Further Develop and Maintain
My Emotional Self-Regulation, Maturity and
Motivation to Consistently Offer More Optimal Support**

Continue: _____

Stop: _____

Start: _____

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Growing Up With A Disability

The Mindfulness Alternative

Approximately 25 hours of Mindfulness Training and Practise significantly reduces these risks and enhances your Conscious and Unconditional Compassionate Thoughts, Feelings, Care and Support Skills.

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7. *The Body Keeps the Score* – Bessel van der Kolk (pages 203-218)
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