
CONSCIOUS CARE & SUPPORT



Developing Emotionally Self-Regulated and Kind Supporters

Claim Your Brain, Start Your Heart

Session II – Resource 1

THE FOUR PERSONAL QUALITIES OF Mindful Emotional Self-Regulation

SELF-EXPRESSION

- 'Here Now'
- Right Speech
- Feelings to Feelings and Reasons to Reasons
- Authentic Kindness in all Relationships

SELF-MANAGEMENT

- Catch, Calm, Clarify and Consciously Connect
- Private Victories, i.e. Self-Discipline/Sacrifice, Persistence, & Secular Moral Ethics

SELF-UNDERSTANDING

- Discovering and Disengaging from PFP Brain
 - no/low free will, e.g. choices of cities
 - we have a thinking problem, e.g. your next thought?
 - inattentional blindness, e.g. missing buildings, cuts and cars with 60 bits
 - PFP brain cheats and makes things up, e.g. checker board, memory
 - the body keeps the score, but 'we' ignore, e.g. cards
 - we are prejudice and racist, e.g. hurting hands
 - feelings not facts make our decisions, e.g. train trolley
 - cognitive bias – we speed dial feeling's reactions in 1.4 seconds

SELF-AWARENESS

- Awareness of being stuck in a 'Good Place', e.g. semiconscious
- Awareness of the actual cause of Suffering and what to do about it
i.e. suffering = pain x resistance + pleasure x attachment
- B-FIT Mindfulness, i.e. Concentration, Sensory Clarity, Ahh-llowing and be 'Here Now'

How often do power struggles 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 mindful emotional self-regulation. This often results in power struggles and other supporter induced behavioural antecedents.

The 4 Outs

Tune-out is typically how the

Spaced-out Supporter

Protects our self from

Burn-out and Freak-out

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’.

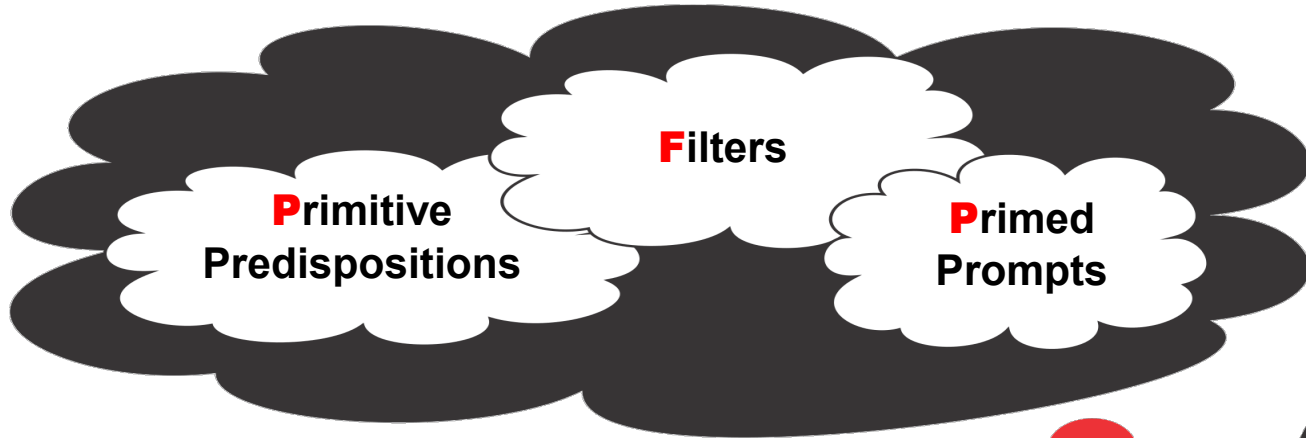
Fully Conscious: (self aware) (10)

- 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.

What Do We Speed Dial?



Primitive Predispositions

- Inherited genetic makeup re: survival and reproduction drives (i.e. '**Nature**' You)

Filters

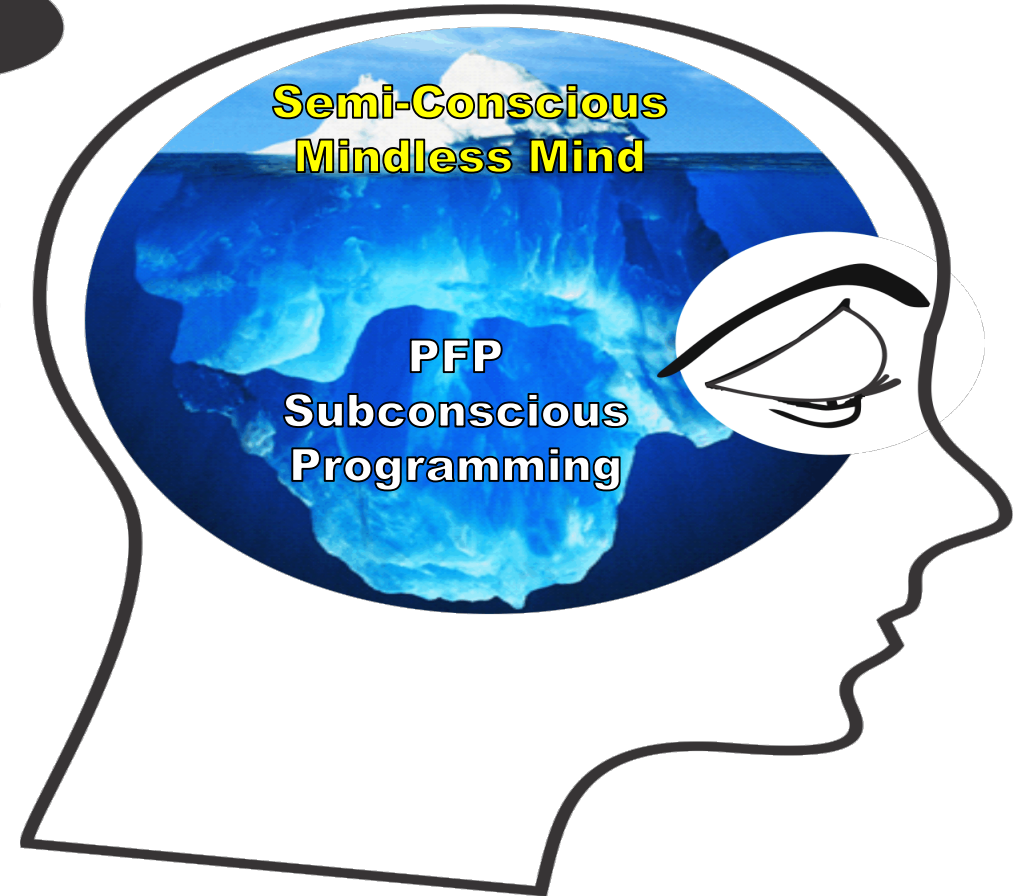
- Illogical beliefs/faulty filters from childhood conditioning e.g. "I need", "I am", "Others are" (i.e. '**Nurture**' You)

Primed Prompts

- Societal and cultural brain washing/ stereotyping/branding/bigotry (i.e. '**Numbed**' You)

Semi-Conscious Mindless Mind

- The "You" who is reading this but doesn't know it (i.e. '**Normal**' You)



Because PFP So Controls Our Life – We Call It PFP Prison!

Examples of PFP Prison – Fellow ‘Conspiracy’ Theorists

“In each of us there is another whom we do not know.”

Carl Jung

“There’s someone in my head and it’s not me.”

Pink Floyd

“How can I tell what I think till I hear what I say?”

E.M. Forester

Could our PFP Programming be compromising the quality of some of how we offer support or leadership?

Examples of Supporters' PFP Programming Prison's Mostly Unknown Causes For Less Than Optimal Support

Could it be that we have Limited Free Will to Make Optimal Choices?

- Think of any city in the world.
- Now think of another city.
- Think of someone you know.
- Now think of someone else you know.

So then, let's explore our capacity for free will – Optimal Choices.

- Why did you think of the first city?
- Why didn't you think of the second city first?
- Why did you think of the first person?
- Why didn't you think of the second person first?

Really – did the you who is listening to me actually
plan and decide what city or person 'you'
would think about

or

did it just pop into your mind as directed by
your PFP subconscious?

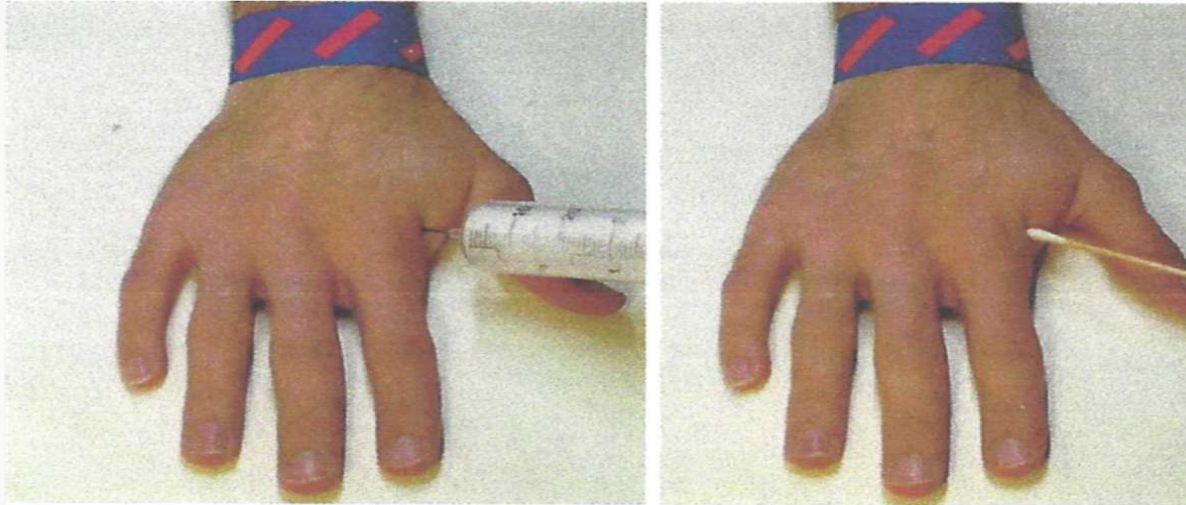
More Of The Human Predicament of Being Semiconscious Indicating Limitations Of Free Will To Think and Feel

- 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?

**Might this Limited*
Free Will Prison be Compromising Some of the
Quality of Our Support?**

*** That is if we are only semiconscious i.e. mindless**

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



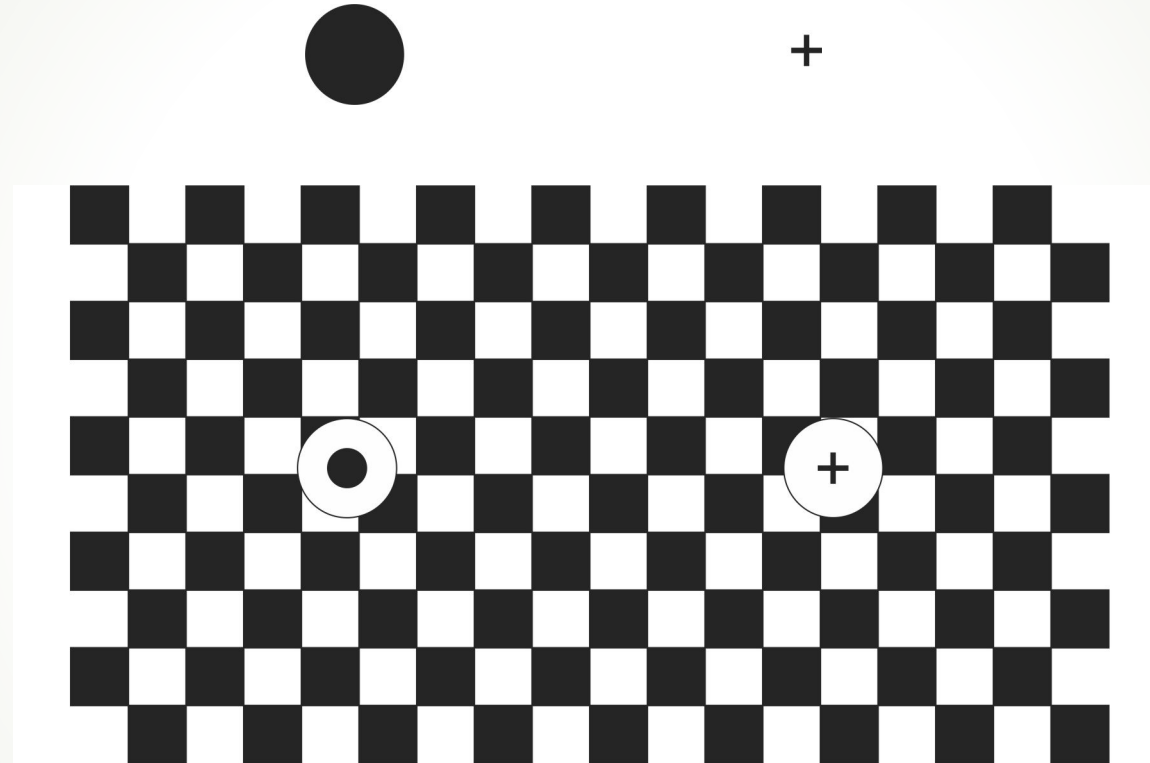
MRIs indicate that most individuals' brains react with strong pain empathy when they witness this painful procedure.

Provided.....

- Might the example of how we supporters get our **good feelings by giving unhealthy snacks** or avoiding bad feelings by not encouraging more healthy life styles, be an example of feelings overpowering logic?

Might our mindless feelings be compromising the quality of our support?

If I hadn't seen it, I would not believe it!



OR – could it be

If I hadn't believed it – I would not have seen it!



CONSCIOUS CARE & SUPPORT



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





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.

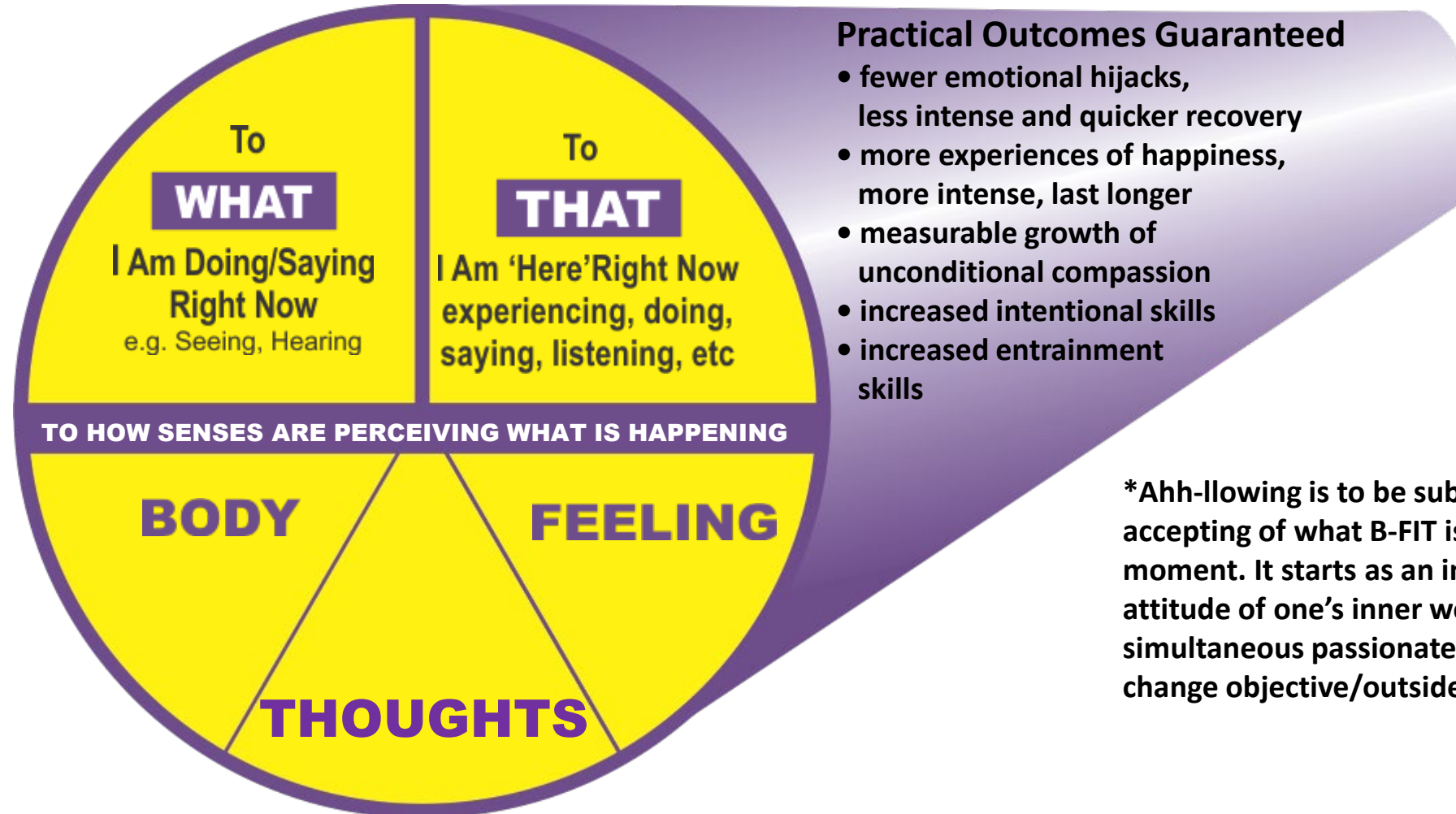




Write Your Signature

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.



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:

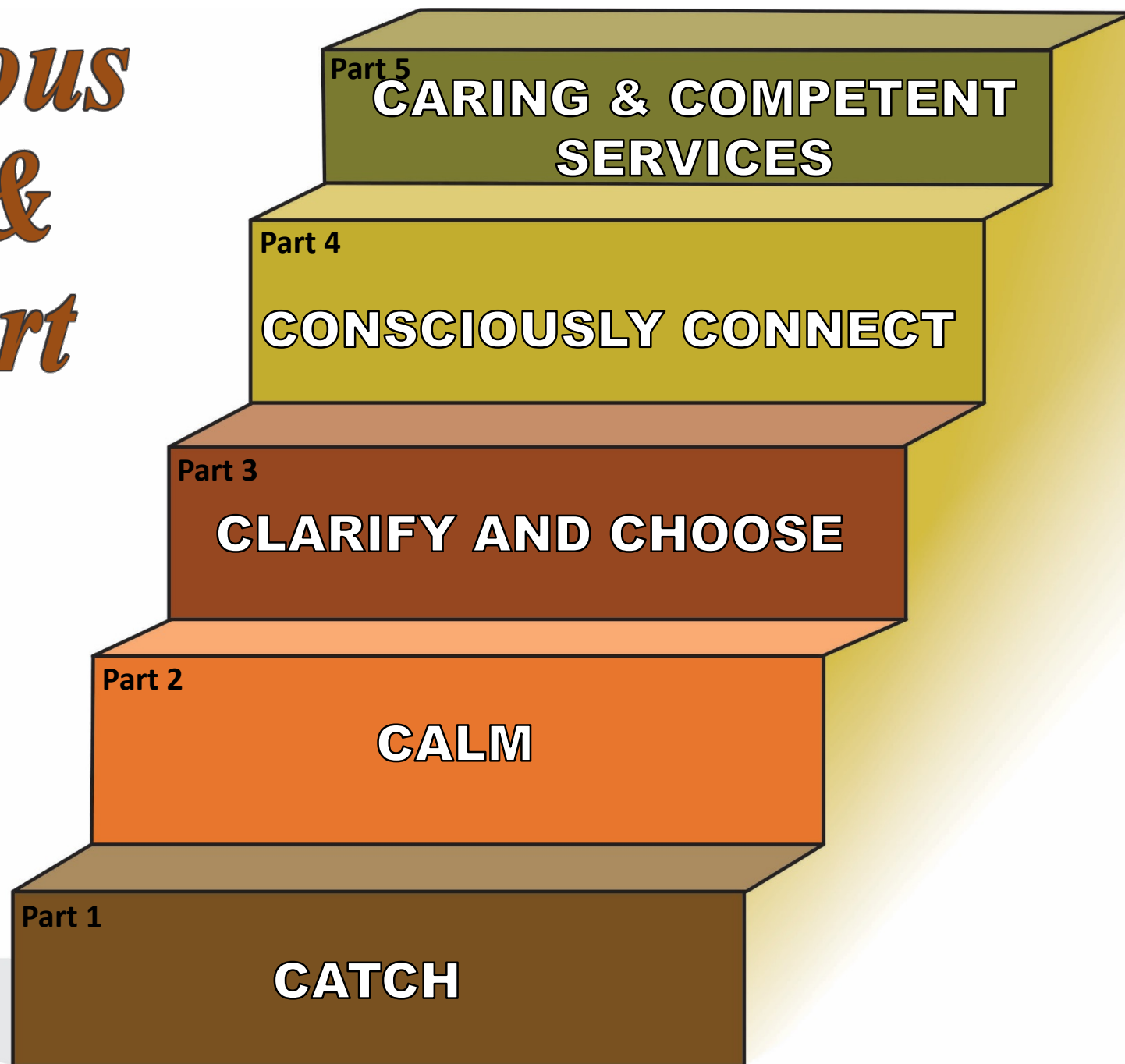
The 'mindful me' has a much greater likelihood of not being as semiconsciously driven to behave in accordance with PFP Programming initial thoughts' and feelings' directives.

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.

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*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.



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...



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



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STAGES of DEVELOPMENT of MINDFUL EMOTIONAL SELF-REGULATION (MESR)

- 1. No awareness** at the time or after the situation of being emotionally hijacked and therefore no at the time emotional self-regulation.
- 2. Late awareness** (after the situation) of having been in an emotional hijack with some understanding of what went wrong and better intentions for the next time.
- 3. At the time, there is some awareness** of being emotionally hijacked but with no ability to be emotionally self-regulated. There is however, some in the moment regrets for not being emotionally self-regulated and a desire to be more skillful.
- 4. At the time of the situation, there is some awareness** of being emotionally hijacked (i.e. Catch) with some in the moment mindful, emotional self-regulation skills and kindness (i.e. Calm) and therefore lessening of the emotional hijack.
- 5. At the time of the situation, there is ongoing awareness** and mindful, emotional self-regulation of B-FIT, including insights, awareness and skillful communications that are **useful, truthful, timely and kind**. Therefore there is no emotional hijack and there is catch, calm, clarify, conscious connecting and compassionate care.



Potential Accelerators:

- We keep 1st world problems in perspective. 'Awful', relative to what?
- Our actions are consistently aligned with secular moral ethics and our words are useful, truthful, timely and kind.
- We live as simply as possible and consume only what we need.
- We consistently take massive action on good ideas as a result of our discipline, right effort and integrity.



Potential Accelerators continued:

- We have a 'non-negotiable' commitment to daily challenging formal exercises and practice programs to develop our body, brain, consciousness and mindful emotional self-regulation.
- When possible, we relieve the suffering and enhance the well-being of others.
- Our heart stays 'open' and non-self-righteously judgmental of others who are causing suffering as we work to change them.
- We have less of a sense of 'me' and more of 'we', i.e. 'usness' and life 'emerges' beyond dualities.
- After we do our Best, we Rest with the Rest - cause it's all good.




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

