



CATCH

“I Catch Myself Being Here, Now – Present.”

Core Concept

CATCH refers to moment-to-moment awareness — the conscious realization that you are fully present and engaged in what you’re doing. It contrasts with “automatic pilot” behaviour, where actions occur without awareness or reflection.

Why It Matters

Without awareness in moments of care, leadership, or support, we tend to react automatically based on PFP Programming — our ingrained patterns of thought, feeling, and physiological responses.

When this happens:

- Emotional hijacks (fear, irritation, guilt, impatience) take over.
- Best practices and empathy are lost.
- Supporters and leaders may unintentionally escalate situations or lose effectiveness.

In contrast, catching fosters self-awareness and intentional response.

Practical Example

A supporter helps someone eat. When catching themselves “being here”, they remain attentive to the person’s comfort and cues. Without awareness, they might miss signs of distress (e.g., sensory defensiveness with the temperature of the food) and unintentionally trigger agitation or aggression.

Benefits of “Catching”

Reactivates Learning	Triggers skills from leadership and support training (e.g., crisis intervention, active listening)
Prevents Emotional Hijacks	Provides early awareness of emotional triggers
Enhances Perspective	Encourages gratitude and realism (“This situation is actually okay”)
Improves Connection	Deepens moments of humour, empathy, and shared humanity
Promotes Mindful Action	Slows down reactive doing, replacing it with non-driven doing
Strengthens Leadership	Increases fairness, calmness, and trust in how leaders influence others

Developing the Skill

Step 1: Learn to notice when you are present — “I am aware that I am here in this moment.”

Step 2: Practice B-FIT Mindfulness, a CCS competency that strengthens this awareness.

Step 3: With repetition, catching becomes automatic — presence becomes the norm, not the exception.

Key Insight

As Ram Dass and Paul Gorman describe:

“It’s like climbing a mountain above your village — you gain perspective on your daily movements. Even when you return, part of you always remembers the view from above.”