

## MINDFULNESS TOOLS

Practices for Healthy Self Core Standards  
Helping individuals be self-aware, take time for inner self-care to improve focus, emotional control and behavioral issues.



1. 4 Parts of Self- Panel of 4 judges (each have a say).  
You are the consciousness that has 4 parts of self, not just the mind or emotions or body.

Mind- analysis or inner dialogue.

Body- physical sensation or feelings

Emotions- named or not, usually more than one.

Intuition- instinct, inspiration

2. Bubble

Close your eyes, if you'd like. Visualize a bubble around you. Everything inside the bubble is you. Anything outside the bubble is not coming from you. Breathe within your bubble. Notice the 4 Parts of Self, take your time. Then declare all within your bubble to go to Neutral.

"Bubble show me Neutral". Breathe and relax for a moment or two, wait until the feeling of neutral comes. It's ok if a feeling of neutral doesn't come, it just means you get to practice more and relax with your breathe right now. Open your eyes.

a. My Bubble- what remains inside is your responsibility, what briefly disappears is not your responsibility. This is a way to discern emotional responsibility.

b. My Yes & No- a body exercise inside your Bubble. "Body show me what a YES feels like", "Body show me Neutral" then "Body show me what a NO feels like". Notice the strongest feelings in YES and NO. The feeling can feel like an upward or forward movement and downward or backward movement.

c. My Choices- Identify your Bubble. Declare Neutral. Imagine a choice, such as 'going to the beach' or 'not going to the beach'. Each choice is in a bubble. Bring the 'going to the beach' Bubble into your personal bubble. Experience within the bubble as though you are actually going to the beach, the decision has been made and your 4 Parts of Self share something about it until you feel a simple satisfaction. Remove the choice Bubble and be in the Neutral bubble, take a few breaths here. Next take the second choice Bubble, the Bubble of 'not going to the beach' and bring it into your personal Bubble. Experience within the bubble as though you are not going to the beach, the decision has been made and your 4 Parts of Self share something about it until you feel a simple satisfaction. Remove the choice Bubble and declare your personal Bubble to be Neutral again. Notice which choice is better after using the mindfulness tool of Bubble Choices.

3. Acceptance "Am I ok with it?" "Can I be ok with it?" You don't have to agree, condone or like what you are aware of to accept it. Acceptance means that you simply accept the existence of what you are aware of. Once you accept something then it's easier to change it or to create something better. If you are unable to accept it, observe that then ask if you can be ok with not being ok. Repeat asking 'can I be ok with that' until you can.

4. Resistance. "Too Much...". Resistance tells us that we are going too fast or the wrong way. Resistance gives us a chance to practice 4 Parts of Self and Bubble Choices. Sometimes experiencing a Bubble Choice of what 'too much...' is like can get us through that experience.

5. "I feel or I think" rather than "I am"- Expressing our thoughts and feelings with better awareness can improve communication.

6. "What do I want" "What is my intent?"- Asking ourself what it is that we want can help us feel more satisfied with life. We can use language that is more honest and more informed when we use the 4 Parts of Self and Bubble exercises.