



# ABC Mindfulness Practice

## Aligning Behaviours with Consciousness

This practice will allow you to get in the habit of being in the present moment and observing your actions and reactions, rather than acting on them. This means letting go of your initial reaction and creating a response that is aligned with your intentions of *how* and *who* you want to be. It also means accepting whatever the present moment contains and working with it, rather than against it. The more present you are, the more aware you become. The more aware you become, the more you can resist acting on your emotions or impulses, thus retaining your personal power and the ability to choose a purposeful course of action that is aligned with how and who you want to be in every circumstance.

At any time throughout the day when you experience a sense of loss of your personal power, an emotional reaction or a sense of impulsiveness, urgency, apprehension, or uncertainty, remember your ABCs and take the following steps:

### **A**wareness/Arrêt/Accept:

- ⇒ Stop/Pause – open up and relax your posture and take 3 deep belly breaths
- ⇒ Notice – what is really happening here? What is the situation? What is the purpose? Who are the people involved?
- ⇒ Accept whatever the present moment contains as is if you had chosen it.

### **B**ack-up & Reflect:

- ⇒ What assumptions am I making?
- ⇒ What interpretations am I already forming?
- ⇒ What does this open up? What does this close down?
- ⇒ How else might I think about this?
- ⇒ *What* needs to be said or asked? *How* does it need to be said/asked?

### **C**hoice:

- ⇒ Exercise the power to choose your response.
- ⇒ What is the most effective way to respond that is in alignment with *how I want to be*?
- ⇒ What action/response can I take that will make a positive difference?

Do this as often as you can throughout the day. In this practice, accept what the present moment contains and acknowledge that you are responsible for *your* thoughts, feelings and actions and that you can't change everything all the time. Be kind to yourself and others.