

Write out a situation where you became stressed in the past, and identify your usual habits and reactions.

Event (A) > Interpretation and Judgment (B) > Response (C)

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“A” represents a situation.

“B” is the interpretation and judgment given to the scene; which is an automatic reaction, operates below our awareness, and taken as fact.

“C” is our reaction from our emotions, body sensations and impulses.

Have situations occurred similar to the diagram below, where your automatic reactions happen without much awareness?

Auto-Pilot

Event (A)

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Response (C)

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Mindful Awareness

There will be events in our lives where we will have no control over. Certain situations will occur, regardless of our actions and intentions. Our brain will automatically interpret and judge these events instantaneously based on past experiences. But mindful awareness provides us a space to pause. After pausing, we allow ourselves unlimited possibilities in how we relate and respond to these events.

By incorporating mindfulness into our life, and pausing before automatically reacting, can we respond differently to the daily challenges that arise?

Event > Interpretation > Judgment > **PAUSE** > Response

			Three Minute Breathing Space	