

# Three-step Breathing Space Practice for dealing with Difficulty

1

## What is here now

Acknowledge the difficult (thoughts, feelings, sensations, the situation).

As best you can, turn gently towards the difficulty, eg the anxiety, fear, frustration, anger, disappointment, despair, pain... and gently acknowledge that it's there.

You can do this in a number of ways: eg saying silently to yourself: 'This is difficult.' 'This is painful.' 'This hurts.'

And then add some kindness, compassion and friendliness by saying: 'I am here.' 'I can see this is difficult.' Make the tone gentle, soothing, as if you were talking to someone you care about. You might find it useful to locate the feeling associated with the difficulty in the body or name it, ie 'sadness', 'fear', 'anger', with the same gentle tone.

2

## Redirect your attention to the breath

Breathe gently into the difficult feeling/pain, breathe with the difficulty.

## Breath of Life

Mindfulness is simply being aware of what is happening right now without wishing it was different.

Enjoying the pleasant without holding on when it changes (which it will).

Being with the unpleasant without fearing it will always be this way (which it won't).

— James Baraz

3

## Expanding awareness

Include all the sensations of the breath and body.

You can say: 'Whatever I am feeling is OK to feel'.