

# Self-Spotting

## SCAN YOUR BODY

Find a comfortable place where you can settle in and scan your body head to toe. Become aware of where you are tight or loose. Notice where in your body you feel most calm, grounded and connected. Pick the most calm, grounded and connected area to bring your attention to.

## GROUNDING

Do some additional grounding and settling in, such as pressing your feet into the ground/floor as you exhale, wiggling your toes, tapping down the outside of your legs and arms..

## FOCUSED MINDFULNESS

Bring your awareness back to your grounded, calm body place. Stay there with your awareness for 10-15 seconds. Notice where your eyes are focusing while having your attention on your body calm place. You can do this with eyes opened or closed. Let your eyes settle on a spot and maintain that eye position (Gazespot).

## PREPARE TO PROCESS

As you keep your eyes on this Gazespot focus on something specific that is upsetting you now such as a job situation, a relationship issue or someone cutting you off on the highway. Whatever you choose, as you think about it keep your eyes on the Gazespot.

## ACTIVATION

Think of your issue and notice how activated you are around it. Pick a number 0-10 which you will use as a gauge to represent the activation. 0 is neutral and 10 highly activated. Let yourself use gentle focused mindfulness to observe your thoughts as you gaze at the spot and bring your awareness to your calm body place. Your mind may wander as you keep your gaze on the spot. Just notice without directing your thoughts.

## PROCESS WITH FOCUSED MINDFULNESS

Observe with curiosity no expectation or judgment. Notice your deeper process. Every now and then refocus on your body place to check in. Also, check in on the original issue. How are you feeling now? Take a check, from 0-10 what is your number now? Continue as long as you like. End when you are ready and note your brain will continue to process.

## TAKE ALL THE TIME YOU NEED

Continue as long as you like. End when you are ready and note your brain will continue to process..