**3 Minute Responsive Breathing Practice Transcription**

The following practice is an adaptation of the three minute responsive breathing space developed by Kabatt-Zinn, John Teasdale, and Mark Williams. This is a practice to be used when difficulty shows. And as with any meditative practice needs to be used repeatedly. So, in a few moments I’m going to ask you to bring to mind a manageable concern, worry, or troubling thought. So, please try your best to bring up something that is not the 100lb weight, but rather the 10lb weight. This could be a time when you were cut-off in traffic, received an unexpected bill in the mail, or had a moment of irritability because things didn’t go your way. Know that, if what comes to mind feels overwhelming or unmanageable you always have the choice to let go of this practice and either pick up something else or try again some other time.

Now, coming into a comfortable position, one that embodies a position of being alert and awake, closing your eyes if that’s comfortable for you or taking a soft, receptive half open gaze a few feet in front of you on the floor. (Chimes)

Then turning your attention to the body. Becoming aware of your posture, the front body, the back body and everything in between.

(silence for 15 seconds)

Now, turning attention to the sensations of breathing in the abdomen, noting the expansion of the abdomen on the in breath and its deflation on the out breath.

(silence for 15 seconds)

Now, bringing to mind some difficult situation, some worry, some concern or troubling thought or

image…. something manageable, versus the greatest stressor you have ever experienced. Noticing what arises in thinking, emotions and sensations.

(silence 10 seconds)

If there is an emotion or emotions naming it or them… perhaps saying sadness is here, or irritation, whatever it is… (silence 15 seconds) and then bringing attention to any attendant sensations and focusing here, exploring them, investigating them, being with whatever is here as best you can, exploring them, getting curious about them…

(silence 30 seconds)

Saying to yourself, “this is a moment of distress, let me feel this, it’s ok whatever it is, it’s already here. I can be with this.” And if they are particularly challenging note that. If needed, breathing with these sensations, perhaps expanding into them on the in breath and softening on the out breath, staying with these sensations for as long as they are capturing your attention.

(silence 15 seconds)

And when you’re ready, letting go of attending to the sensations in the body and returning the attention to the lower abdomen, being with the body breathing, in and out.

(silence 45 seconds)

Now, expanding or widening attention to the entire body and all sensations, inside the body, and at the surface of the skin, bringing a more spacious attention to experience and your next moments.

(silence 45 seconds)

And now, if it’s possible, contemplating this concern that you brought to mind, consider the following choices: is it possible to let it go? Or to let it be as it is? Or is this something that really needs addressing and, if so, how?

(silence 45 seconds)

And then when you’re ready letting go of this practice and opening the eyes, looking around the environment and moving the body in any way that is needed.

Now the final part of this exercise is, if you are willing, to record the thoughts, emotions, and bodily sensations that came up, as well as the choice you made – if you made one – around letting it go, be, or addressing it. If the latter, how? Finally, writing down any reflections or learning that occurred if there were any.