



Peace in Intensity

[INTENSITY PROCESS]

Consciously responding to triggering stimuli coming toward you

You can do this practice with yourself, remembering/thinking about a triggering situation or communication coming toward you; and you can use the practice to internally frame a triggering situation to yourself when you are experiencing one. You can say to yourself something like, "Oh, this is an Intensity Practice moment."

Step 1

- Notice that your mind and body are triggered into a reaction of the Fight-Flight-Freeze survival system.
- Shift attention to the Self-Connection Process (SCP) – breath, body, need.

Step 2

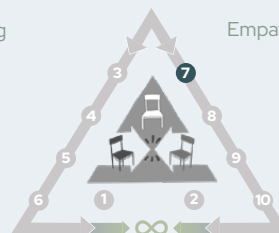
- Ask yourself if you can hear the "please" behind this difficult communication?
- Continue to remind yourself that what is coming toward you is actually, more deeply just an expression of OFNR. It is an expression of universal needs wanting to be met, and an attempt or request to meet those needs. Continue to redirect your attention to the please, to hearing needs and requests. Remind yourself not to listen to or focus on the triggering words, tone, body language, etc.
- Slow and deepen the breath, relaxing with each out breath (relaxation response).

Step 3

- Ask yourself what you would like to choose to do to respond to this person or situation?
- What comes into your mind as you ask your unconscious this question? Consciously choose how you'd like to respond that is in harmony and alignment with what you most value, your values.



Self-Connection and Wellbeing
 Compassion for Other
 Resilience with Feedback
 Self-Compassion for the Past
 Self-Direction for the Future



Empathy in Speaking and Listening
Peace in Intensity
 Freedom with No and Yes
 Bridging Differences
 Healing Hurt and Divides