

The 3-Minute Breathing Space: Basic Instructions

STEP 1. BECOMING AWARE

Become more aware of how things are in this moment by deliberately adopting an erect and dignified posture, whether sitting or standing. If possible, close your eyes. Then, bringing your awareness to your inner experience and acknowledging it, ask, “What is my experience **right now**?”

- What **THOUGHTS** are going through the mind? As best you can, acknowledge thoughts as mental events, perhaps putting them into words.
- What **FEELINGS** are here? Turn toward any sense of discomfort or unpleasant feelings, acknowledging them.
- What **BODY SENSATIONS** are here right now? Perhaps quickly scan the body to pick up any sensations of tightness or bracing, acknowledging the sensations.

STEP 2. GATHERING

Then redirect your attention to focus on the physical sensations of the breathing itself. Move in close to the sense of the breath in the abdomen . . . feeling the sensations of the abdomen wall expanding as the breath comes in . . . and falling back as the breath goes out. Follow the breath all the way in and all the way out, using the breathing to anchor yourself into the present.

STEP 3. EXPANDING

Now expand the field of your awareness around the breathing so that it includes a sense of the body as a whole, your posture, and facial expression.

If you become aware of any sensations of discomfort, tension, or resistance, take your awareness there by breathing into them on the inbreath. Then breathe out from those sensations, softening and opening with the outbreath.

As best you can, bring this expanded awareness to the next moments of your day.

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