

Free Yourself From Conflict

Moving from the pain and regret of conflict
to kindness compassion and peace

by David B. Pauker



SIMPLIFIED SCRIPT FOR RECORDING

First Exercise

Introduction

Here is a simplified script to help you make a recording for the First Exercise, *Calming Yourself*. If you're working in a group, a group member can also read this script aloud for the rest of the group when the group has some familiarity with the exercise.

I've tried to pare down the language as a suggestion of what you might include for your tape. It assumes you are familiar with the exercise. As you become more familiar, you may want to eliminate more of the language and just go with prompts for each step.

The script indicates a number of different kinds of PAUSES where you should let the tape run with silence in order to continue a particular step. Stopping and starting the tape for the pauses will distract you from the exercise.

Step numbers relate to the numbers in the Instructions starting on page 18 of the book. Note that I've reversed steps 10 and 11 for this script.

Script

2. Close your eyes. Put your attention on your breath. Watch yourself inhale and exhale. [PAUSE FOR ABOUT 30 SECONDS]
3. Become aware of any tension in your body. Check your neck, shoulders, and abdomen. Don't try to change anything. [PAUSE FOR ABOUT 30 SECONDS]
4. What emotions are you feeling? [PAUSE FOR ABOUT 30 SECONDS]
5. Notice the activity in your mind. Just recognize the thoughts that are there. [PAUSE FOR ABOUT 30 SECONDS]
6. Begin to breathe deeply with long, slow breaths. Inhale through your nose, if you can. Let the breath fill your abdomen and rise to the top of your chest. Don't force anything. Be gentle. [LEAVE SPACE FOR AN INHALE]

7. When you've finished your inhale, suspend your breath for a short pause. [PAUSE FOR APPROXIMATELY 3 BEATS]
8. Exhale slowly through your mouth. Let your body empty from the top of your chest to the bottom of your abdomen. [LEAVE SPACE FOR AN EXHALE]
9. When you've finished your exhale, suspend your breath for a short pause. [PAUSE FOR APPROXIMATELY 3 BEATS]
11. Keep breathing slowly and deeply in this manner. Let your attention rest on your breath.

[PAUSE FOR AT LEAST 3 MINUTES]
10. [YOU CAN ADD THIS REMINDER A MINUTE OR TWO INTO THE PAUSE IF IT CAN HELP YOU]:

When you become aware your mind has wandered from your breath, gently bring your attention back to your breathing.
12. Gently bring your attention back to the present. When you're ready, slowly open your eyes.