

FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

4. PRACTICE RELATIONAL MINDFULNESS (SECOND CONSCIOUSNESS)

Relational mindfulness is the practice of deliberately moving from knee-jerk, reflexive interpersonal responses – what we call our **“First Consciousness”** – (**“Adaptive Child”** from our family of origin experiences) to cultivated, thoughtful, mature responses – what we call our **“Second Consciousness”** – (**“Functional Adult”** from learning).

In the heat of the moment, we ask you to **“remember love”** – remember to whom you are speaking and why. “Door A” (First Consciousness) leads to the same result no matter how many millions of times we choose it. Relational Mindfulness means that in this moment “I choose Door B” (Second Consciousness).

YOUR PRACTICE

STOP AND THINK

- ❖ **Remember:** The person you are speaking to is someone you love, or at the least, someone you want to get along with.
- ❖ **Remember:** It is insanity to repeat the same actions and expect a different outcome. Take responsibility for changing what you do on your end of the see-saw. For example, if you are used to leading with big, angry feelings, choose “Door B” and lead with vulnerability. Or conversely, if you are used to leading with small, desperate feelings – breathe into your heart and get strong.
- ❖ **Take a moment to breathe:** Move past your usual reaction and “come into centre” in the circle of health.

MOVE FROM “Door A”



TO STOP, THINK & CHOOSE “Door B”

