

# Mindfulness-Based Strategic Awareness Training – MBSAT

## Juan Humberto Young

### Handout 1 of Session 3: Positive BETA Reframing Part 1

- a. As objectively as you can, briefly describe a situation that has generated a negative reaction from you. What happened?  
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- b. Try to remember, as vividly as you can, the feelings and sensations that were triggered by the situation and possibly your impulses to act resulting from those feelings and sensations.  
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- c. What was the first thought that crossed your mind as you experienced the situation unfolding?  
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### Part 2: Positive BETA Reframing Part 2

- a. Think again about the situation you described in Part 1 and the thoughts that crossed your mind at the time.  
Can you think of other explanations or other possible viewpoints than the ones that occurred to you—more positive ones? What would they be?  
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- b. Imagine that your alternative interpretations are actually your true beliefs. How does this alter your feelings and sensations? And what is your impulse to act now?  
Tip: If you find it hard to imagine your feelings under these new circumstances, describe what feelings and sensations you would *normally expect* from a person looking at the situation from this new angle.  
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### **Handout 2 of Session 3:** Home Practice for the Week Following Session 3

Until next session the plan is to alternate sitting and moving practices by doing a sitting meditation on odd days and mindful movement practices on even days. This way you can experiment with both forms.

Please remember to keep track of your practice by recording your activities in the home practice record form handed out in Session 1. As new exercises are introduced it becomes even more important to maintain an overview.

You will also do two informal, shorter practices and do a survey to deepen your self-knowledge.

1. Please, do the **breath and body** sitting meditation we initiated today on days 1, 3, and 5 with the help of the audio file provided.
2. Days 2, 4, and 6 are dedicated to mindful movement and you can choose between **mindful stretching and mindful salsa**. It is recommended, however, that you do each at least once. When you do it, remember to be kind to yourself by neither overdoing it nor judging yourself. After all it should be a pleasurable practice.
3. Whenever you feel the need arise, please, do the **3-minutes breathing space**, for example, when you need a restorative break or would like to calm down, gain more clarity, and so on. As a rule of thumb you should do the 3MBS at least three times a day.
4. Every day select one event and reflect on it from the vantage point of **positively reframing** your BETA using the 2-step method you experimented with in today's Session 3. As guidance you may use the forms you filled in today. In your home practice you can use your journal (the one you started with the three good things (TGT) practice in Session 2) to write down brief summaries of your reframing episodes. This will make your insights more durable, as they enter into your long-term memory.
5. Please, do the **VIA character strengths survey** that is available in 34 languages. You find it under the following link:

<https://www.viacharacter.org/survey/account/register>

On the homepage you will also find a lot of interesting information about the definition of strengths and the structure and validity of the survey. The survey is free of charge and fun to do, because it has no connection whatsoever with job evaluation. It is more about fundamental human virtues and that is why it is called VIA for values in action. You can go through the questions quickly and will probably need no more than 30 minutes. Please, bring a copy of the outcome to the next session.

Looking forward to see you again in Session 4!