**Three Step Breathing Space**

Adapted from *Mindfulness-Based Cognitive Therapy for Depression,* Segal, Williams, and Teasdale.

**1. Recognizing and allowing**

Bring yourself into the present moment by stopping and, if possible, closing your eyes.

Ask “What am I experiencing right now. . .in thoughts… in feelings . . . and in bodily sensations?

Acknowledge and register (allow) your experience, even if it is unwanted or unpleasant.

**2. Gathering**

Next, gently redirect your full attention to breathing, paying attention to each inbreath and outbreath as they follow one after another. The attitude is one of relaxed alertness.

Your breath can function as an anchor to bring you back to the present moment to help you tune into a state of awareness and stillness.

**3. Expanding**

Expand the field of your awareness around your breathing, so that it 8includes a sense of the body as a whole, your posture, and facial expression.