

3 DAY CHALLENGE BY IRIS BAR (Day 3)

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Introduction

Thank you for choosing to participate in the 3 days challenge.

In order for to fully get the most out of the 3 day challenge, I recommend you follow the suggested applications each day for 3 days. If you are reading this as a PDF, I highly recommend, you print this workbook and complete each section of the workbook accordingly.

The methods that I am offering here are methods that I have personally used for many years and so have my clients. The results have been very positive. The applications are easy, powerful and transformative.

If you feel like you are “trapped” in your own story, in your old patterns and trying to break free from your automatic pilot, constantly being triggered by your own emotion and feelings and constantly feeling tired and exhausted then this 3 day challenge will be very beneficial to you.

Albert Einstein saidn “We cannot solve our problems with the same thinking we used when we created them”. Yet, this is exactly what we do - we keep on doing “more of the same”, we keep on trying to “solve” problems and challenges that arise in our life with the same mind that created them in the first place. We keep on being stuck in our old ways of being, in our old patterns, in our old stories...

These powerful exercises can bring you from a place of being highly reactive in your life to a place in which you are more responsive to your life and to your feelings.

About Iris Bar

My name is Iris Bar. I am a Narrative Counselor.

I know that it is in our strength to choose the way we perceive our life. The way we view our stories. The way we tell our stories, first of all to ourselves and then to others.

We don't need to face a major crisis in order to be able to do this. Our inner stories are always there, whispering in our ear. It is our responsibility and in our ability to choose which story we follow. It begs the questions: Which story do we want to feed? Which story serves us best?

Stories are meaning makers. I believe that through being attentive to our unprocessed feelings, looking and questioning our limiting beliefs, questioning the old stories that we tell ourselves, we can raise our awareness to the ever present possibilities of our freedom to choose. And it is this freedom we are able to face whatever life has to offer us with springs of inner strength, passion and wisdom.

Blessings,
Iris Bar

Disclaimer

This 3 day challenge does not provide medical or psychological advice and you should not rely on it as medical or psychological advice.

You should always consult a medical professional before taking any action linked with your condition. You acknowledge that Iris Bar (www.irisbar.com.au) has no way of knowing your full medical and psychological history and requirements. Iris Bar makes no promise, representation or otherwise in relation to any benefit you may obtain by undertaking this 3 day challenge. No medical professional has been involved in its creation.

Iris Bar is not liable in any way for any loss or damage that you may suffer by undertaking this 3 day challenge or relying on or following any suggestions made by Iris Bar and this includes any direct, indirect, special, incidental or consequential loss or damages arising out of using the applications suggested in this 3 day challenge .

Iris Bar makes no promises that this 3 day challenge will assist you in any way.

DAY 3 - shifting from the mind (our story) to the body

The third day challenge I would like to show you a way in which you can become more aware of your trigger emotions and recognise them when they are about to flare whenever, wherever.

Most of us are operating on “auto pilot” meaning, most of us are reactive to events that are triggering old feelings and emotions deep within us.

You might say, we have become robotic in situations such as auto "sneep" at our children, answer back to our partner, get easily insulted by our boss and we never really question if there is a different way from which we can operate and respond from. It has just become a way of being.

Does it all sound familiar????

The good news is that THERE IS A WAY OUT OF IT!!!

It requires practice.

It requires repetition.

It requires commitment.

It requires willingness to agree to step back from our old patterns, to step back from what we are so used to do and be willing to try something else.

It requires acting differently, stepping aside from the usual stories that we tell ourselves and willingness to view a different story, a more empowering way to operate from.

So how do we create this change?

How do we shift our awareness from a place of being reactive, being trapped in our stories, being triggered by our emotions to a place that we are feeling more centred and more in balance within ourselves?

DAY 3 - shifting from the mind (our story) to the body

Step 1: recognising the warning signs

Using our inner “STOP sign”

It is very important to remember that YOUR BODY REACTS BEFORE YOU DO!!!!!!

These signs are subtle and gentle, we need to practice raising our awareness to this signs. We are not used to tune to our body when we experience strong feeling, we are used to try and “solve” that in our heads.

Being more and more familiar with the “warning signs” that your body is sending, before you react is a major part in developing your ability to calm yourself and act from a place of centeredness and balance.

In the day one challenge you started to get familiar in how a certain emotion feel in your body. What sensation it brings? Where in your body you experience these sensations?

You need to consciously and intensely STOP THE AUTOMATIC PILOT that you are operating from.

The only way to do that is by practicing again and again your ability to STOP AND TUNE INTO YOUR BODY.

Recognising what are the sensations, what are the early signs who show you that your strong emotions are about to be triggered. Tuning to our body, assists us immediately to slow down which by itself helps us not to react immediately.

To help you, I have created 4 guidelines that are easy to follow and easy to remember as they create the word STOP, which is exactly what you need to be doing when you are practicing how you can recognise your emotional triggers.

DAY 3 - shifting from the mind (our story) to the body

STOP stands for:

S - scanning your body for sensations.

T - tuning into your body. Which parts of my body I can feel these sensations?

O - observing your body. How do I experience these sensations?

P - paying attention to the feeling that is raising in you and naming it.

Scanning your body:

Going quickly throughout your whole body.

Do I feel tense throughout my body?

What is my body telling me and signaling me?

Tuning into your body:

Where do you feel these sensations?

Are there certain parts or areas in your body that you feel more the sensation?

Is it in your shoulders?

Your belly?

Your throat?

Observing your body:

How do you feel these sensation?

Does it feel like a heavy loud on your heart?

Do you feel a shiver going through certain parts of your body?

Do you squeeze your hands or feet?

Do you raise your shoulders towards your ears?

Paying attention:

Paying attention to the feeling that is raising in you.

Noticing and acknowledging and naming the feeling.

I encourage you to say to yourself (you don't need to voice it out): "I am feeling angry"

Or if you want to take it even further, say: "I can notice that I am feeling angry"

This by itself immediately creates a distance from the feeling and helps in reducing its intensity.

If you are a visualize person you might consider imagining that you are actually seeing a stop sign. You can imagine that you are raising it or just seeing it in your mind eyes. Whatever works best for you.

DAY 3 - shifting from the mind (our story) to the body

Step 2: engaging with the breath.

The 4-7-8 the relaxing breath.

The 4-7-8 breath, also known as the relaxing breath can help you in no time to reduce your stress levels in any occasion and bring you back to your centre. You are being reactive because you are used to being triggered by your strong emotion.

This exercise “works like magic”, bringing you again and again to your point of balance, from where you can straight again in a clear relaxed way and respond to whatever appears in your life and not react.

The 4-7-8 breathing is utterly simple, It takes no time, requires no equipment and you can do it everywhere (even with no one around you really noticing).

How to do the exercise?

- 1) Exhale completely through your mouth, making a whoosh sound.
- 2) Close your mouth and inhale quietly through your nose to a mental count of four.
- 3) Hold your breath for a count of seven.
- 4) Exhale completely through your mouth, making a whoosh sound to a count of eight.
- 5) This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

Final Note

I am so happy and honored that you have joined on the “three days challenge”. I encourage you to continue to practice these exercises on a daily basis. I call it the 3 days challenge because I believe that it is SO powerful (although simple and easy to apply) that you can sense the change even after three days of practicing!!!!

It is a good idea to journal and reflect on your process during the three days, so you will be able to keep track with your progress. Of course, you need to “reprogram” yourself to get used to these new ways of acting and being.

“Reprogramming” can take place when you are taking responsibility for your life, when you are willing to try something new, when you are committed to making a difference in your life.

I know that if you are reading these words, you are feeling tired and exhausted from being reactive all the time. It does take a huge amount of your energy, in fact acting from an emotional place, “steals” your energy and depletes you from your inner resources!!!!

It leaves you with limiting sources to operate in your life in the way you would have want to.

It just doesn't work to continue with your old ways!!!! It doesn't work to continue to do the same thing over and over again!!!!

As Albert Einstein said “it is madness to continuing doing the same thing and to expect different results!!!!”

Be brave, be courageous, be willing and open to apply these powerful methods, this new ways of being as it can and will create a powerful shift in your life!

As a narrative counselor, I work in creative ways to assist my clients in “waiving” more beneficial aspects in how they choose to view their life stories.

What NEW POSSIBLE MEANING they can give to what has happened in their life.

Final Note

From my experience, working with the emotional aspect acts as the “basic ground” that “frees” my clients to be able to “spin” a more beneficial story, a more meaningful narrative to how they view their lives and how they act and be as a result of their new perspectives.

Not being “activated” all the time, by their strong emotion and feelings, “frees” a lot of energy that is becoming available for them to use in more constructive ways of being.

It can now be channeled to raise more awareness and consciousness, to be more open to the world, for self development or any other desirable achievements.

The exercise that I introduced in the three days challenge are some powerful, applicable and simple ways in which you can start to experience an immediate shift in the way you respond to the world.

I do encourage you to try it and experience for yourself it’s powerful and beneficial effects.

If you have any question about these powerful exercises, or you would like to explore more how I can help you, do not hesitate to sign for my FREE 30 minute breakthrough session where we can talk in person.

CLICK BELOW TO GET A FREE 30 MINUTE BREAKTHROUGH SESSION WITH ME



Link to book free session: <https://irisbar.acuityscheduling.com/>