

Getting out of your head group outline

Introduction	Boundaries and safety chat.	5 mins
	SOBER Breathing space.	
	What is/isn't mindfulness? Why do it for addiction? (use ABC)	
Suggested practice	Long breathing space with longer time for Breath and Expand. Also giving other options for anchor during Breath.	15 mins
Inquiry	Inquire about today's practice; then include home practice too	10 mins
Halfway point – gauge energy in room and move/ground as required		
Exercise	<p>Ask <i>Why do you think this group has this title?</i> (Elicit getting into the body or other anchor to the present moment instead of being caught up in thinking).</p> <p>Introduce the SOBER Breathing Space:</p> <p>A portable meditation that can be as long or as short as you like, that forms the backbone of this programme. You can use it at regular times each day, when you need to take a minute, when you're bored, or just when you remember.</p> <p>Draw the hourglass on the board, elicit the words for SOBER, and take them through it explaining in more detail and answering/discussing any questions: hourglass shape because we start with wide awareness, then narrow to the breath or another anchor, then widen again.</p> <p>S – stop whatever you're doing.</p> <p>O – observe thoughts, feelings, body, impulses – brief taking stock</p> <p>B – narrow and just breathe. If notice tension can take a deep breath and then let it settle. If breath is uncomfortable, use another anchor.</p> <p>E – expand back out to the body. Practising changing awareness from narrow to wide awareness</p> <p>R – Respond rather than React</p> <p>Clarify whether they understand the difference: Respond = think before act React = act before think</p> <p>Refer back to ABC, and explain that we also use it to practise deliberately putting our attention on specific anchors in the present moment, which will help us Be with all experience (meaning less need to escape the unpleasant and chase the pleasant), and thus make wiser Choices – relate to addiction and discuss.</p>	20 mins
Closing	Set intention for practice over coming days/week – inc home practice. Suggest doing the SOBER breathing space at least once each day and give SOBER handouts.	10 mins
	Go round and say one thing learned/struggled with today	
	Final breathing space and thank you	

