Bill Farrell – DipCouns

Design by 桃森

Life Practice Mission Statement

Persist patiently being present in the here and now...

considering other perspectives and adopting a Self-led perspective playfully.

A product of IFS Study buddies and friends

perseverance	tenacity	determination	tolerance	composure	serenity	bearing	poise	aplomb
endurance	Persistence	grit	leniency	Patience	fortitude	acumen	Presence	sensibility
doggedness	stamina	pluck	kindness	passivity	quiet	calmness	wits	grounded
standpoint	position	view	Persistence	Patience	Presence	fun	merriment	happiness
outlook	Perspective	aspect	Perspective	♥ Self ♥	Playfulness	joy	Playfulness	frivolity
vista	angle	situation				humour	jest	pleasantry
Persist. Patiently be present in the here and now...						*considering other perspectives and adopting a Self-led perspective playfully.*		

Acknowledgement: Information used from the Centre for Self Leadership and most synonyms from thesaurus.com and powerthesaurus.org. A product of IFS study buddies and friends

humanity	kindness	tenderness	composure	patience	tranquillity	simplicity	certainty	accuracy
empathy	Compassion	sorrow	peace	Calmness	quietness	plainness	Clarity	crispness
softness	charity	mercy	serenity	stillness	grounding	insight	naturalness	understanding
interest	inquisitiveness	searching	Compassion	Calmness	Clarity	assurance	determination	tenacity
keenness	Curiosity	eagerness	Curiosity	♥ Self ♥	Confidence	backbone	Confidence	boldness
attentiveness	questioning	absorption	Courage	Creativity	Connectedness	firmness	cool	strength
bravery	audacity	determination	cleverness	genius	imagination	alliance	partnership	affinity
valour	Courage	guts	ingenuity	Creativity	inspiration	association	Connectedness	relation
pluck	daring	fearlessness	originality	resourcefulness	vision	bond	kinship	togetherness

Acknowledgement: Information used from the Centre for Self Leadership and https://www.pesi.com/blog/details/1511/6-step-ifs-process-to-jumpstart-healing. Most synonyms from thesaurus.com and powerthesaurus.org

It’s as easy as breathing. And it can change the way you look at life. And see yourself.

This is a simple but effective breathing technique. It involves using, as a starter a relaxing exhale, through the mouth concentrating on the quality of persistence. That’s the first key ingredient here.

Then this takes you through 12 different personal qualities for each indrawn and expelled breath.

With gentle practice, as well as that persistence, it will break through panic, distress, disordered thinking, poor memory retention and … help you hear the birds sing.

You bring a key quality of your true Self to the forefront of your thinking, on each breath. Then you’ll just be mixing up the way you draw in breath and then release it, whether it’s through the mouth or nose.

The four breath sequences? Inhaling and exhaling through the mouth, through the mouth and nose, through the nose and through the nose and mouth.

As often as you like, at any time..

Bill Farrell – DipCouns Clarity Consultant and Supervisor– Persephone Maywald M.A. Design by 桃森

The breathing sequence in the SOS breath is a relaxing exhale through the mouth, then two rotations through the four possibilities of inhaling and exhaling through the mouth then nose. These four possibilities? MM,MN,NN and NM. The content focused on is the qualities of our Self, according to pioneering psychologist Richard Schwartz Ph.D.

Embodying the core Self using an SOS – Self Operating System – Version 2.4								
Preparation step → Mouth (breath out through the mouth) Focus on Persistence								
STEP	1		2		3		4	
BREATHING	Mouth → Mouth		Mouth → Nose		Nose → Nose		Nose → Mouth	
FOCUS	Patience		Presence		Perspective		Playfulness	
STEP	5		6		7		8	
BREATHING	Mouth → Mouth		Mouth → Nose		Nose → Nose		Nose → Mouth	
FOCUS	Compassion	Calmness	Clarity	Curiosity	Confidence	Courage	Creativity	Connectedness

I wanted to learn the qualities focused on above to answer this question posed by Bonnie Weiss LCSW... What would it be like if there was a little more _____ in the moment?, so I could identify with and act from my centre, my core Self. In order to do that, I synthesized this memory peg system. It could be used for different content.

Acknowledgement: Information used from the Centre for Self Leadership, Personal growth programs, Somatic IFS led to this inspiration.

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Yin Yang Yong Version 3

Design by 桃森

Yin – softer/looser/relational Yang – harder/tighter/ordered Yong – pain body

Yong related buried wound/pain/fear	**Unhealthy extreme. Pattern**	♥ **Yang Pole**	**Middle ground**	**Yin Pole** ♥	**Unhealthy extreme. Pattern**	**Yong related buried wound/pain/fear**
		Balanced harmonious leadership qualities				
Harm wounds* Judgement* Betrayal* Violation* Shame* Attack* Domination* Exploitation* Guilt* **Deficit wounds*** Deprivation or need* Abandonment* Rejection* Not Seen* **Deficiency wounds*** Basic deficiency* Unlovable* Depression* Inadequacy* **Other wounds*** Deadness* Fear or disaster* Chaos*	Obsession	Persistence	Relaxation	Apathy		**Harm wounds*** Judgement* Betrayal* Violation* Shame* Attack* Domination* Exploitation* Guilt* **Deficit wounds*** Deprivation or need* Abandonment* Rejection* Not Seen* **Deficiency wounds*** Basic deficiency* Unlovable* Depression* Inadequacy* **Other wounds*** Deadness* Fear or disaster* Chaos*
	Controlling*	Guidance	Patience/Allowing	Indulgence*		
	Calculating	Presence	Trust*	Naive*		
	Blunt realism	Honesty	Perspective	Delusion		
	Manipulative	Cleverness	Playfulness	Foolishness		
	Scorn	Boundaries	Compassion	Pity		
	Mania*	Aliveness*	Calmness	Depression*		
	Over-analytical	Clarity	Intuition	Irrationality		
	Intrusive Interest	Curiosity	Unconcern	Indifference		
	Arrogance	Confidence	Humility	Self-doubt		
	Rigidity*	Reliability	Courage	Recklessness		
	Fixated	Focused	Creativity	Scattered*		
	Distancing*	Self-Supporting*	Connectedness	Dependant*		

*These words and much of the table structure reflects a logical tool from Jay Earley's *The Pattern System – A periodic table for psychology*. Premise: Relaxation is *negative feedback* for obsession as is persistence for apathy. That is, they move the system towards balance and harmony. Qualities have *positive feedback if not balanced* so if we persist without relaxing it will "snowball" out of control into an obsession.

Acknowledgement: Information used from the Centre for Self Leadership and most antonyms from powerthesaurus.org. Reverse dictionary onelook.com. Yin yang yong image https://juanmah.wordpress.com/2008/10/10/yin-yang-yong/ A product of IFS study buddies and friends