

BreakThrough
Circle 

Pandemic BreakThrough Tools Checklist & Toolkit

*13 ninja tools to cultivate emotional healing
& optimize your nervous system
for Post-Pandemic Growth*

by James Mayfield Smith
Somatic BreakThrough Facilitator
2020 Pandemic Edition
www.BreakThroughCircle.com

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Pandemic BreakThrough Tools Checklist

1. **BREATHE** Deeply

2. **ATTUNE** my Presence

3. **SENSE** my Body Sensations

4. **FEEL** my Emotions

5. **LISTEN** to my Inner Voices

6. **FOLLOW** my Resistance

7. **FIND** my Unmet Need

8. **SHARE** my Vulnerability

9. **CHOOSE** Self-Compassion

10. **UPLEVEL** my Self-Care

11. **NURTURE** my Inner Child

12. **SEE** Myself Clearly

13. **RE-STORY** my Thinking

WELCOME TO THE BREAKTHROUGH CIRCLE!



The BreakThrough Circle is a community of coaches, healers, entrepreneurs, and agents of change who utilize Somatic BreakThrough Tools to cultivate ongoing BreakThroughs in our lives.

Current uncertainty in the world requires us as humans to become more resilient under greater stress in order to thrive. The Covid-19 global pandemic, the economic, social and political divisions of 2020, and increasing climate change concerns make resilience essential. Resilience comes when we are able to:

- Attune our attention and presence
- Manage our central nervous system
- Optimize our internal environment for wellness
- Connect deeply, find clarity from within, and express our authentic power.

This Toolkit will teach you how.

WHO I AM



My name is James Mayfield Smith. I'm a Somatic BreakThrough facilitator and the founder of the BreakThrough Circle.

I've helped my clients to cultivate over a thousand BreakThrough moments using body-centered tools and structured processes.

In this checklist, I give you the most effective techniques I use to help clients experience deep emotional healing. The toolkit provides an easy reference for step-by-step instructions for reliable ways to cultivate a BreakThrough Moment.

This **Pandemic BreakThrough Tools Checklist & Toolkit** can help you begin to cultivate a BreakThrough Moment around emotional or psychological distress you're currently experiencing.



HOW TO USE THE PANDEMIC BREAKTHROUGH TOOLS CHECKLIST

1. **BREATHE** deeply.
2. **THINK** about the BreakThrough you are looking for in your life.
3. **ASK** yourself questions and let yourself **ANSWER** them to clarify important points for yourself.
4. Close your eyes and speak into what you'd like to be **DIFFERENT**...different in your circumstances and different within your experience of yourself and others.
5. Open your eyes and allow the most wise part of you to **CHOOSE** an appropriate BreakThrough Tool from the Pandemic BreakThrough Tools Checklist. Read the brief instructions for that strategy and try it out. Only go as deep into the strategy as you feel comfortable without a trained facilitator.

PANDEMIC BREAKTHROUGH TOOLS TOOLKIT



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WHAT IS THE PANDEMIC BREAKTHROUGH TOOLS CHECKLIST

Thank you for downloading the Pandemic BreakThrough Tools Checklist & Toolkit. You now have a practical guide for transforming:

- a **life dynamic**
- a **family pattern**
- a **coping mechanism**
- dysfunctional **thoughts, feelings, or behaviors**

This document synthesizes 30 years of intense study & practice and 15 years of facilitating and teaching transformational processes. In this checklist, I offer simplified versions of effective tools that I utilize in my somatic-based BreakThrough facilitation work.

Somatic means *body-centered*. A growing body of research clearly shows that accessing the *wisdom of the body* is essential for lasting transformation.

This BreakThrough Tools Checklist identifies and explains 13 effective strategies you can use to *nurture a BreakThrough Moment*. Each strategy is designed to *slow you down to get you more present and in touch with your inner wisdom*.

My goal for the BreakThrough Tools Checklist & Toolkit is for it to become a useful guide as you cultivate BreakThrough Moments in your life.

HOW TO GET HELP USING THIS CHECKLIST

In addition to the instructions contained in the toolkit, you also have opportunities to learn more about the strategies, to go deeper in this work, and to access individual Somatic BreakThrough Facilitation:



1. Send an **EMAIL** with any questions you have to James@BreakThroughCircle.com

2. **LEARN** with us at our FREE monthly web-based BreakThrough Circle, where I lead our community through structured somatic processes designed to get you present and connected to your deeper inner wisdom. At time of this publication, these are scheduled on the **FIRST TUESDAY of each month:**

- Either during the **workday at 1pm ET** (10am PT/11am MT/Noon CT)
- Or more often, during the **evening at 8pm ET** (5pm PT/6pm MT/7pm CT)

3. **TEXT** me at 816-645-2600 if you'd like to begin a conversation about my individual BreakThrough programs

Visit www.BreakThroughCircle.com for more info.

WHAT IS A BREAKTHROUGH?

A **BreakThrough** is a *sudden transformation in how you see, hear, & hold yourself or your circumstances*. It could show up as:

- a relief of physical pressure
- an emotional release
- a dropping of resistance
- a shift in energy
- a claiming of personal power



or a variety of other ways that fundamentally change how you relate to yourself and your situation.

Somatic BreakThrough Tools are a set of body-informed processes designed to slow you down, calm your Central Nervous System, and get you present and in touch with the wisdom within you...and in particular, with your body, your mind, and your heart.

Somatic BreakThrough Facilitation is a guided process designed to rapidly cultivate a BreakThrough Moment.

A **BreakThrough Moment** is the instant when a transformation occurs...when the energy shifts and something new becomes possible.

BreakThrough Possibilities are new capacities and opportunities that BreakThrough Moments open up in your life.

WHAT YOU MAY FIND

What you find within will vary according to your circumstances, your personality, your belief systems, and your level of emotional vulnerability.

When using these tools, many people find:

- A **felt sense of knowing** in their body
- An **emotional release**
- A **wider perspective** of their situation
- **Fuller expression** of themselves

People also find:

- A deeper emotional **connection to self**
- Greater **presence** and **courage**
- A **clear path forward**
- The **power to act** with purpose
- **Joy & inner peace**

Along the way to these, most people also confront:

- **Unmet needs** that require attention
- **Unresolved trauma**, abuse, or family or cultural **conditioning** that still has negative impact
- An **inner child** who is lonely, sad, or angry
- **Unprocessed anxiety** that wants to be released
- **Coping mechanisms** that no longer serve your highest good

Learning how to care for these tender parts brings lasting positive results to your life.



Expect BreakThrough Moments

These tools have helped me to cultivate BreakThroughs in my own life and the lives of hundreds of my clients.

The tools help us to **SEE OURSELVES** in new ways that we long to be seen, in ways that are deeply healing for us. This has a *calming effect on our nervous system*.

The tools help us to **HEAR OURSELVES** in ways that bring surprising, helpful information. Hearing ourselves in deeper ways helps us to *find our deeper courage*.

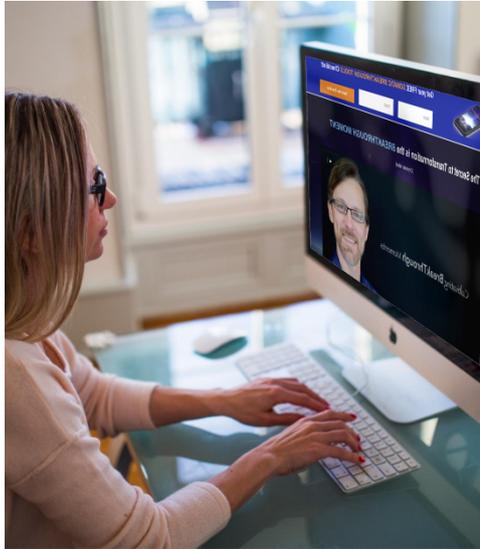
And the tools help us to **HOLD OURSELVES** in ways that create new possibilities for our lives.

You can *expect and begin to look for powerful BreakThrough insights*.

Such insights help you become sure about your values, clear about your purpose, and more in touch with your personal power.



If you encounter difficulty using any of the strategies, or if you'd like insight specific to your situation, *reach out to me directly* at James@BreakThroughCircle.com.



You can also schedule a *free 25 min phone conversation* at www.BreakThroughCircle.com. I'll listen to you and recommend tools that have worked well for others...and I'll offer additional tools that are most suited to your unique circumstances.

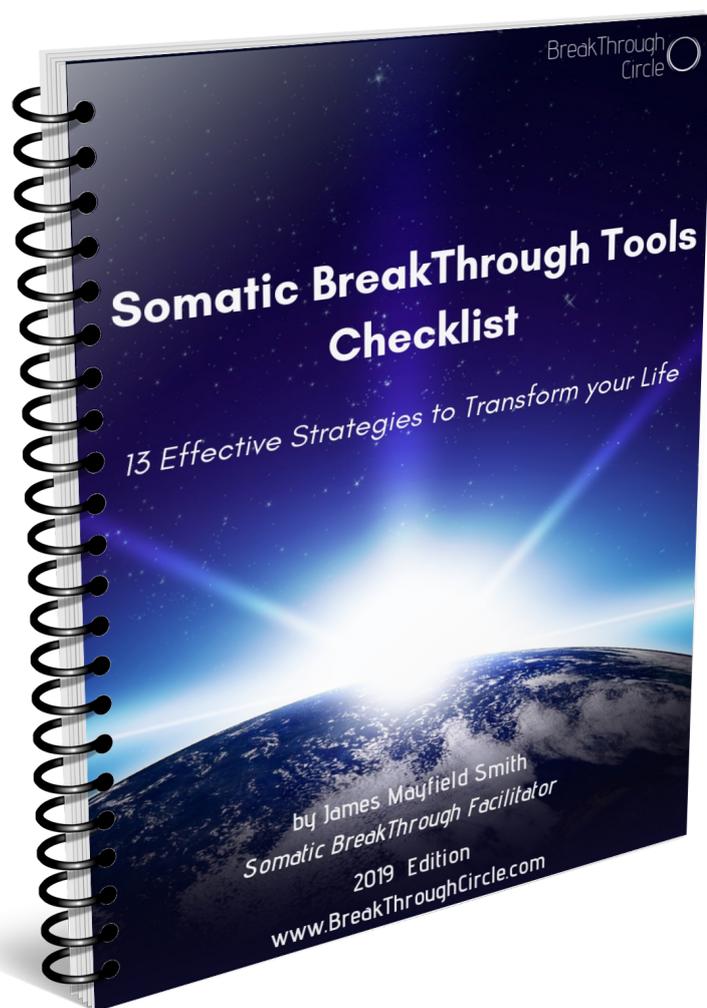
If you're unclear about the work you need to do, a free "Clarify your Next BreakThrough" phone or web-based session can quickly resolve that.

Blessings,
James Mayfield Smith



www.BreakThroughCircle.com

BREAKTHROUGH TOOLS EXPLAINED



1. BREATHE DEEPLY

*When you own your own breath,
nobody can steal your peace.
- Author Unknown*

Abdominal Breathing is the most rapid way to affect your body's Central Nervous System (CNS) in a positive way. Deep belly breathing is a great foundation for any mental or physical health practice. It's a great first step whenever we become upset, because *breathing deeply relaxes our mammalian fear/threat/stress response and activates the rest/digest/heal reactions of the parasympathetic-vagal nervous system.* This is the system that runs your body when you're calm.

Breathing deeply also brings us more present to the moment and to ourselves. This greater sense of embodiment, awareness, and safety shifts everything. We're better at making decisions when we're relaxed and not reacting from fear, anger, or shame. We also have far more personal power and choice. Try this:

1. **RELEASE** all air from your lungs and tension from your body.
2. **BREATHE** in deeply from your abdomen through your nose, **PAUSE**, and then **EXHALE** slowly. Try 10-20 breaths.
3. **PAY CLOSE ATTENTION** to what happens in your body, heart, and mind as you breathe deeply.



2. ATTUNE YOUR PRESENCE

No problem can be solved from the same level of consciousness that created it.

- Albert Einstein

Presence is one of the key bottlenecks to consciousness. Increase your level of Presence and your perception of your circumstances shift along with it. *This shift in your perception gives you new choices and new possibilities.*

Conscious Presence is a muscle that requires training. When you learn to attune your presence, you *become able to bring greater PRESENCE to the moment* and to your circumstances.

This process can be used to **Connect** more deeply to an aspect of yourself that you wish to gain more information from. This could be your **Emotions** or your **Thoughts**.

It could be a part of you that needs support, such as your *pain, your inner critic, your wounded child*, or perhaps the *fearful one, the abandoned one, or the rejected one*. We invite our shadow part that we may not fully understand.

It could also be a positive aspect that you wish to receive support from, such as your loving *Deeper Self* or your wise *Higher Self*, your *Inner Champion*, or other helpful parts that you've identified.



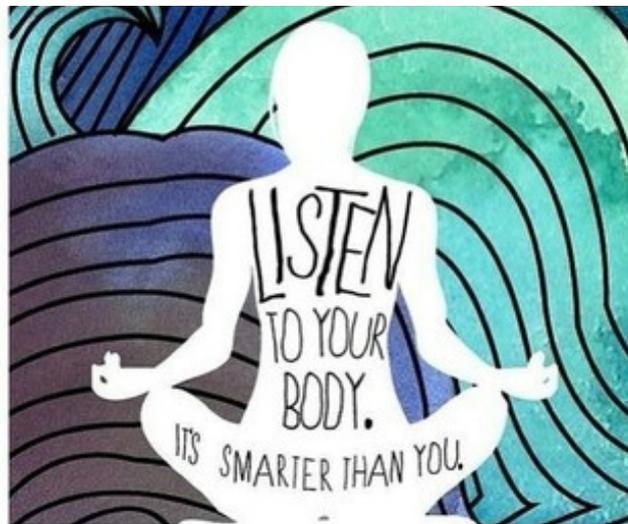
To Attune your Presence, try this:

1. **IDENTIFY** an aspect of yourself that you wish to attune your presence to.
2. **CONNECT** to this part of yourself by focusing on breath, sensations, emotions, or thoughts associated with this part of you. Take your time... don't proceed to the next step until you feel yourself connected to this part of you.
3. **ALLOW** yourself to feel what it's like to be connected to this part of you. Let this part of you have room within you to inform you of its wisdom.
4. **ASK** this part of you what it wants you to know, what it needs from you, or how it can help you.
5. **PRACTICE** holding space for this part of you or if it's an empowered part of you, allow it to hold space for you, depending on the circumstances.

3. LEARN FROM YOUR BODY SENSATIONS

*Intelligence is present everywhere in our bodies...
Our own inner intelligence is far superior to any
we can try to substitute from the outside.*

- Deepak Chopra



Your body is exquisitely sensitive. It is constantly receiving and responding to perceptual input from below your conscious awareness as well as from your own unconscious.

Science has confirmed that 95% of our brain activity is not conscious and that much of our unconscious lives in our bodies. Yet our culture teaches us to largely ignore the subtle sensations in our bodies...sensations that carry our inner wisdom.

To experience Somatic BreakThrough Dialogue, try this when you are NOT triggered and also when you ARE upset and mentalizing about a situation. Both can bring valuable results.



Try this:

1. **BREATHE DEEPLY** as explained in a previous process, to bring greater relaxation. This allows you to feel your sensations more acutely.
2. **SCAN YOUR BODY** from head to toe for sensations within you.
3. **CHOOSE** a dominant sensation to work with. They are simpler to work with when they are powerful and easy to feel.
4. **ASK YOURSELF** the following questions:
 - How **big** is the sensation?
 - Does it have a **shape**?
 - Does it have a **temperature**?
 - Does it have a **texture**?
 - If it had a **color**, what color might it be?
 - Is there a directional **flow** to the energy?

This brings the sensation into greater focus and increases the effectiveness of the process.

5. **ALLOW** the sensation to exist without fleeing, making it bad or wrong, or trying to change it.
6. **ASK THE SENSATION** a question by calling out its attributes. For example: "Hot, red pressure in my heart, what do you want me to know?"
7. **NOTICE** what happens. Look for these possible ways that it may answer you:
- *Kinesthetic*: The **sensation may move or change** in some way or another sensation may arise.
 - *Emotional*: You may experience an **emotion**.
 - *Visual*: You may "see" an **image** or a memory in your mind.
 - *Auditory*: You may "hear" a **word** or **phrase** or experience a "**felt sense**" **message** that feels true in your bones.

If no answer comes, try starting to answer the question to see what falls out of your mouth. For example, "*I want you to know...*"



8. **THANK** the part of you that is responding. For example: "Thank you, heart." Your body is responding to your questions. Encourage this. It sounds a bit silly, but it works...your unconscious will usually respond positively to be listened to instead of ignored.

9. **CONTINUE** by asking another question, if appropriate, or by doing another body scan and dialoguing with whatever new part is most active with sensations.

Continue to track and follow your sensations and to ask a variety of relevant questions until you discover helpful information. Often, it's the 3rd, 4th, or 5th question that reveals something really interesting or surprising.



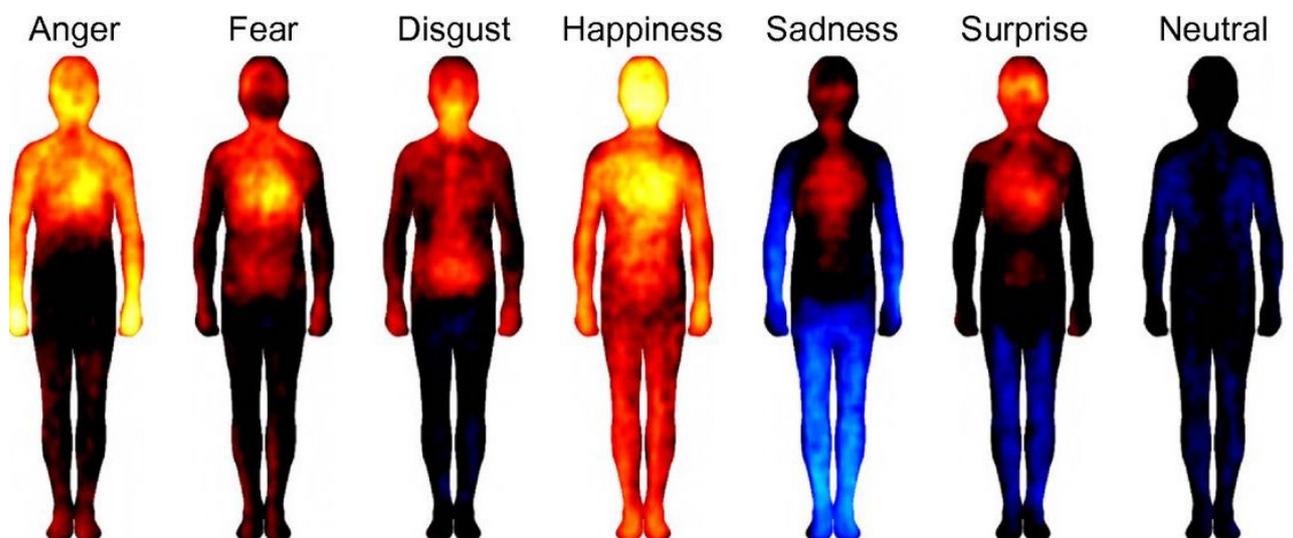
4. FEEL YOUR EMOTIONS

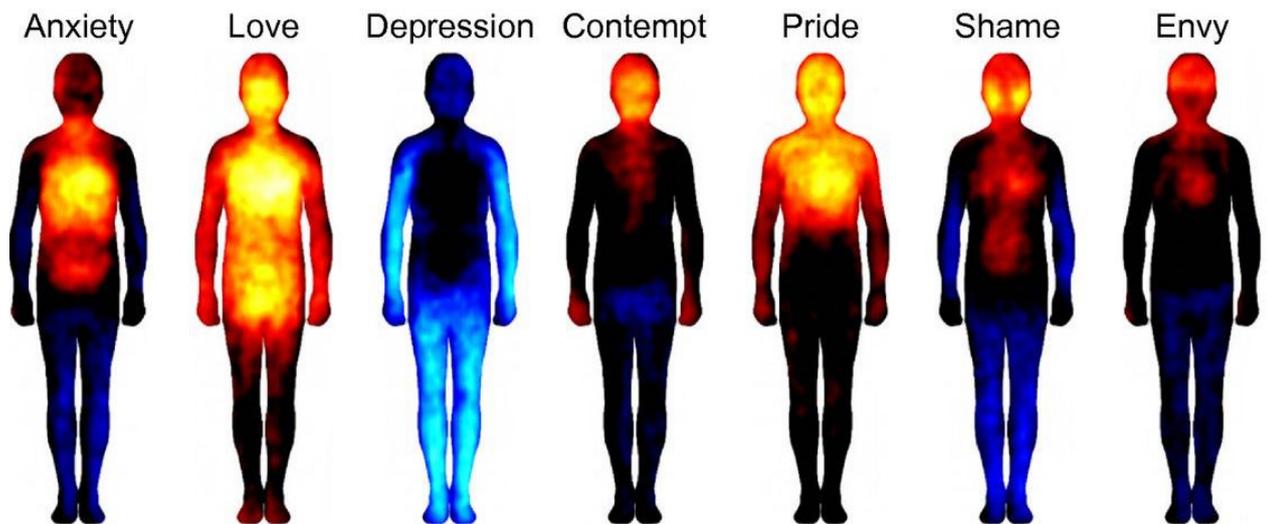
*These pains you feel are messengers.
Listen to them.
- Rumi*

Emotions are ***messengers from our unconscious.*** This tool is about choosing to resist going into a story (thinking) and instead to simply FEEL. When we listen deeply to our feelings in this way, they tell us a lot about what we need.

- **Fear** tells us we have an *unmet need for safety.*
- **Anger** tells us we *feel protective* about something we value.
- **Sadness** tells us we've *lost something.*
- **Shame** tells us we've *violated values* we hold for ourselves or the values of someone else (important to clarify which one).

When we allow ALL of our feelings, they can become allies that bring clarity we can use to make important decisions.





Sometimes we may want to FLEE uncomfortable feelings. Away from the feeling. Up into our *head*. Or into a *story*. Or into *blame*. Or into an *addiction*.

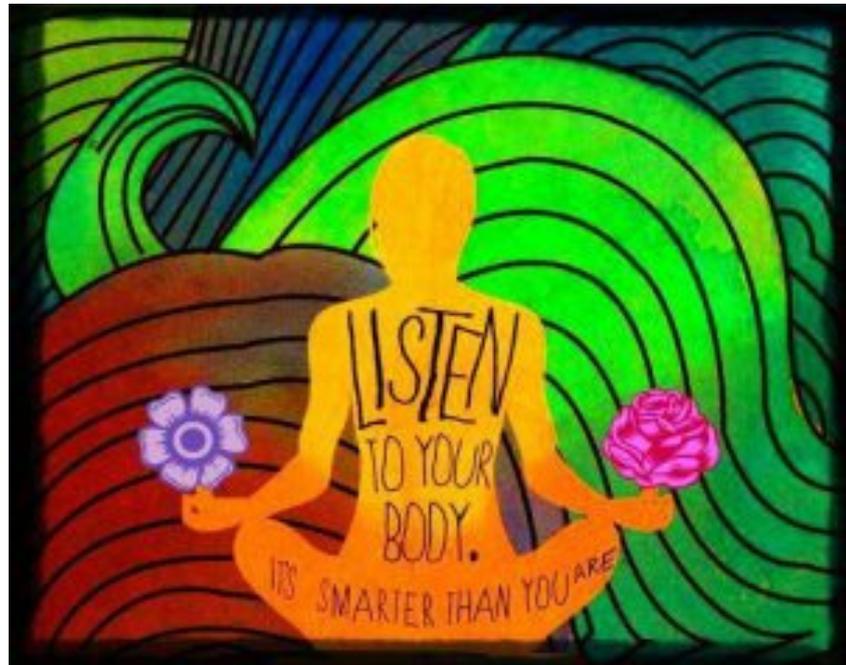
These are all **FLEES** from **PRESENCE**.

More PRESENCE is needed in order to stop fleeing. And this requires intentionally **practicing feeling uncomfortable emotions without fleeing from Presence**.

In order to heal, **our feelings need to be fully felt in a safe container**. This can be within yourself or with a trusted partner or friend. Feeling uncomfortable feelings in a safe context allows the emotion to leave your body instead of being repressed back down into the body.

The more tolerance you have for uncomfortable emotions, the more you are able to **stay long enough in the feeling to get the message** that is trying to come through. And the message from the emotion often gives clues to what is needed. This is a fantastic way to cultivate a BreakThrough Moment.

If you feel an uncomfortable emotion, such as fear, anger, sadness, or shame, commit to staying with it, to NOT fleeing.



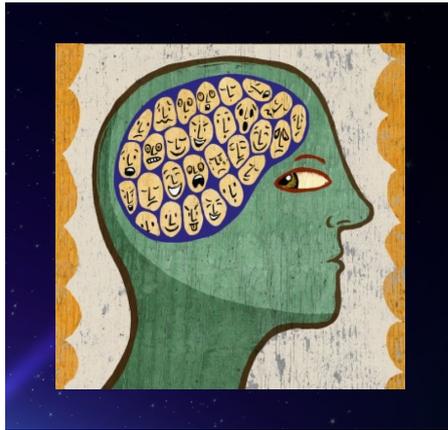
Try this:

1. **BREATHE** in and out slowly while opening yourself to **FEEL** your emotions.
2. **LOCATE** a prominent emotion in your body.
3. Practice **OPENING, FEELING,** and **STAYING.**
4. **LISTEN** for the message.
5. **THANK** the emotion for bringing you this important information.

5. LISTEN TO YOUR INNER VOICES

*Don't let the noise of others' opinions
drown out your own inner voice.*

- Steve Jobs



Internal conflict can come from the *voices of sub-personalities within us* that want different things. These parts of us often hold differing values or try to avoid the things other parts of us are trying to achieve. You can dialogue with these voices to learn what is driving your unconscious behaviors.

Whether it's your INNER CRITIC, your WOUNDED INNER CHILD, or other inner parts, when you get to know the voices within you, you can *identify their specific needs* for **safety, connection, empowerment, or self-care**. When you attend to their needs, you can remain *more conscious and choiceful* in how you respond to the stressors that life brings.

Try this:

1. **IDENTIFY A VOICE** within you...perhaps a recurring thought or a deeply-held belief.
2. **ASK** the voice questions: what it wants you to know, what it wants, what it doesn't want, or what it's afraid of.
3. **LISTEN** to what the voice says and repeat back what you hear (For example, "*I hear you're scared that no one will talk to you at the party and that you'll feel rejected. Is that right? Is there more?*")
4. **THANK** the voice for sharing.
5. **EXPLORE** whether you can make changes to help it get its needs met in ways that work for you.



6. FOLLOW YOUR RESISTANCE

Resistance is the first step to change.

- Louise Hay

Anyone on a journey towards greater consciousness feels RESISTANCE at times. Yet we often hear that resistance is "bad." So here's some crazy wisdom for you...

Resistance can in fact be a helpful tool on your journey.

Our resistance carries the wisdom and the fears of our Shadow...the parts of us that we hide, repress, or deny. It has intelligence locked within it. There's usually a good reason that we resist! More importantly, our resistance shows exactly where our work is...it's the bullseye!

Where we resist most is where our inner work can be found.



Try this:

1. Actively **LOOK** for an area where you feel resistance in your body
2. While staying connected to the feelings in your body, **EXPLORE** where/how/why part of you might be resistant to reality. Find that part in your body...the part that is resisting in some way. Ask it what it needs to be in acceptance of what is.
3. **PUSH** against a wall while thinking or talking about your resistance. What other thoughts and feelings come up?
4. **LISTEN** to all parts within. All parts have value and a right to be heard. **EMPATHIZE** with the parts that are resisting. What are they scared of?

What did you learn about your Resistance?

What does it want?

Can you help it get what it wants in a different way?



7. FIND THE UNMET NEED

We are only as needy as our unmet needs.

- Dr. John Bowlby,

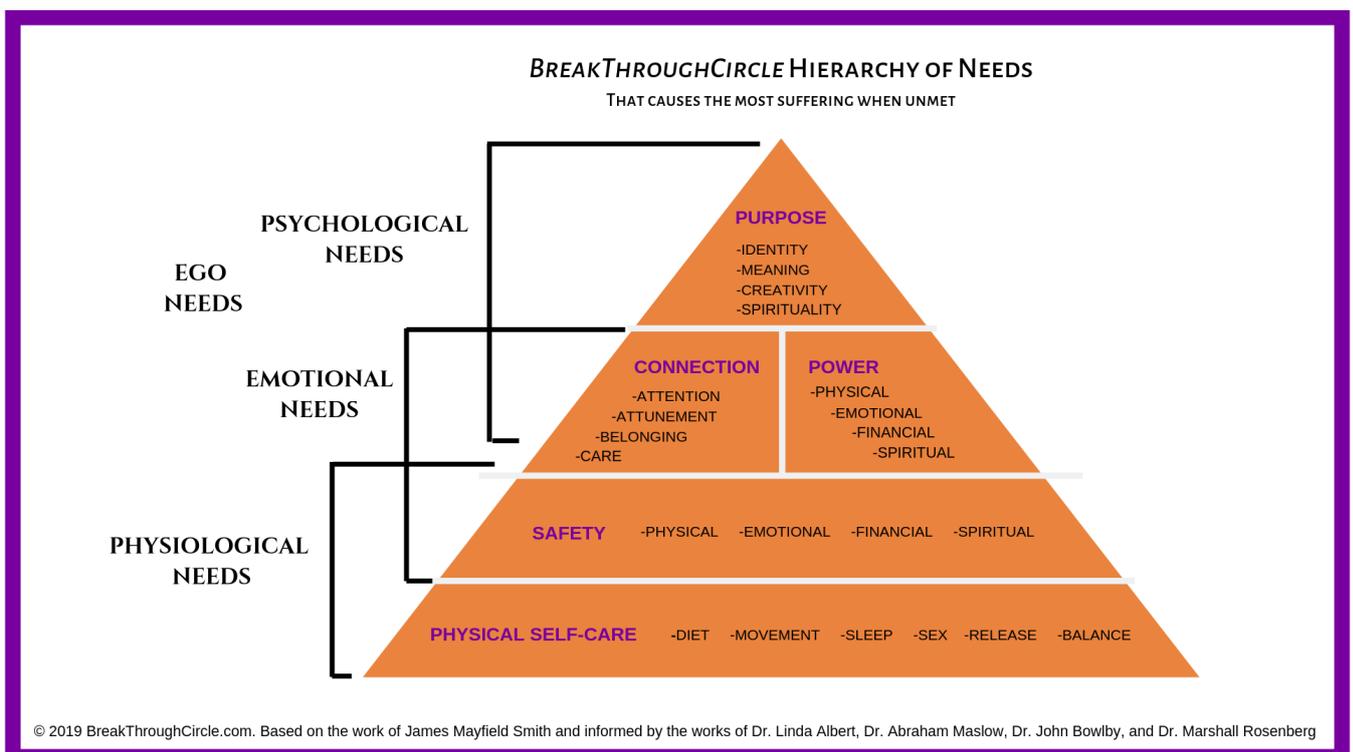
Father of Attachment Theory

If you own a dog or a cat, it's easy to see that your pet has some basic needs. These include food and water, a place to play and sleep, and nurturing attention from you.

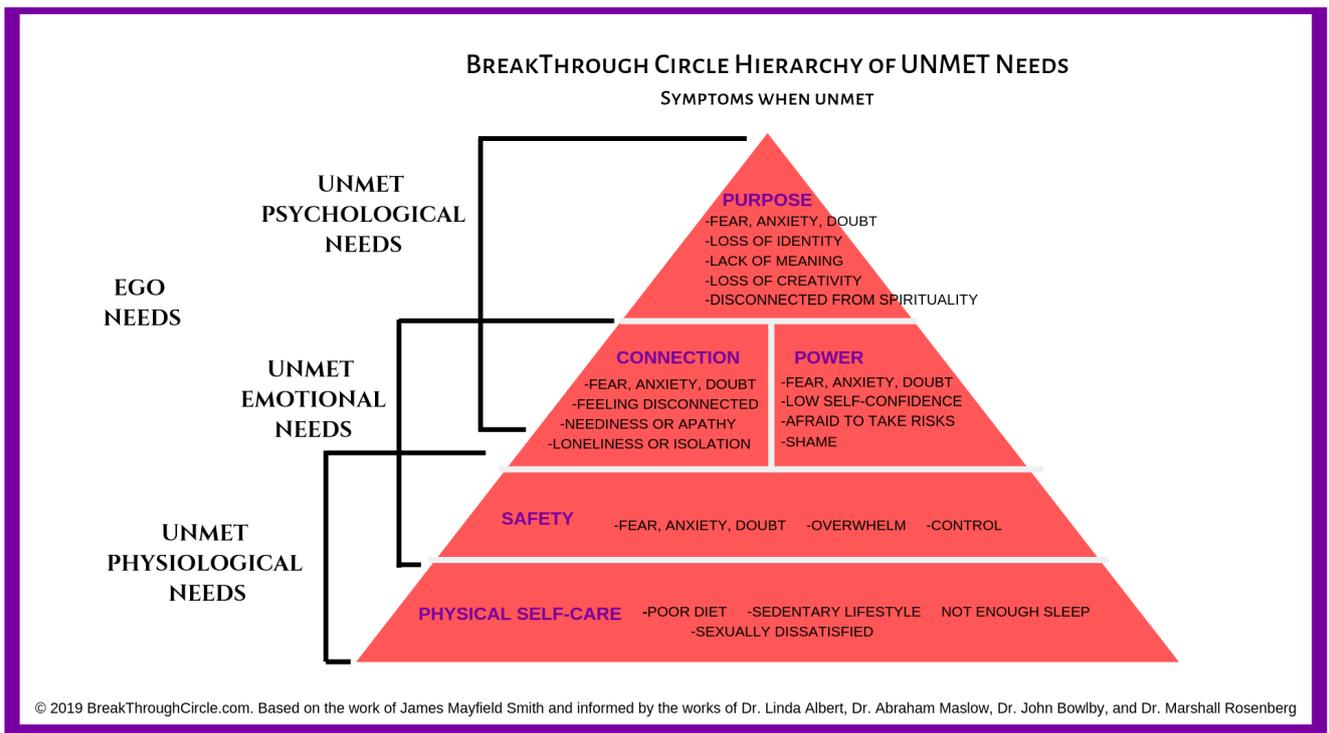
If you fail to meet any of these needs, there will be natural consequences.

A hungry dog might whine or chew furniture. A cat with a dirty litterbox might use the bathroom on the floor.

As humans, we have basic needs that must be met.



If they go unmet, we too, display **symptoms of an unmet need** or engage in **coping mechanisms**.



To find the *Unmet Need* driving your behavior, consider:

1. Could this issue be addressed with basic self-care (*diet, sleep, or exercise?*) If so, this may indicate an unmet need for **SELF-CARE**.
2. Is this a result of *anxiety, overwhelm, codependency, or controlling behaviors?* If so, this may indicate a need for **SAFETY**.
3. Is this about *relating to others, feeling needy, unloved or rejected?* These are symptoms that may develop from a need for **CONNECTION**.
4. Perhaps you *lack confidence* or feel *unsure of what to do next* or how to handle circumstances? This may be an unmet need for **POWER**.

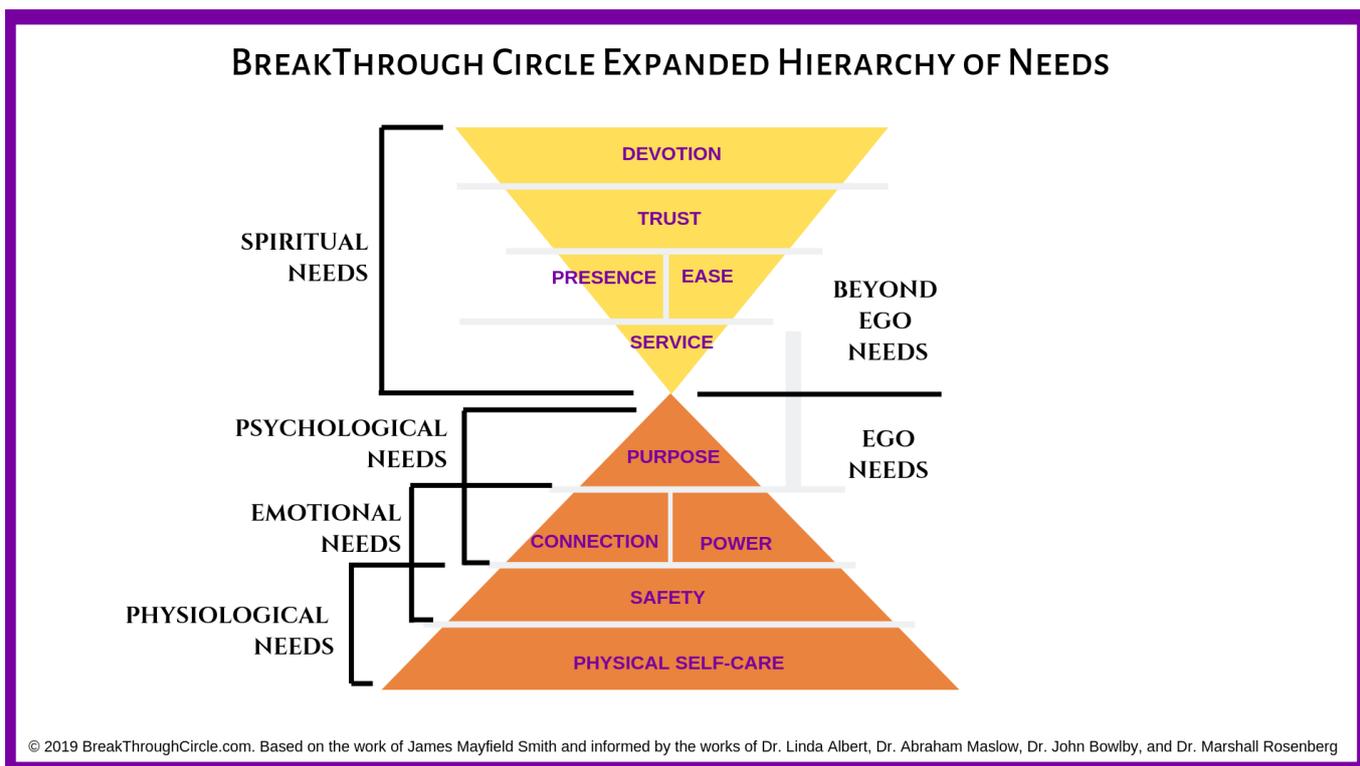
Once you identify the unmet need, decide how you will begin to meet it.

The symptoms and coping mechanisms will often go away once the need is met.

Once these basic needs are met, new options become available that ARE NOT accessible while needs remain unmet.

SERVICE
PRESENCE
EASE
TRUST
DEVOTION

Meet your unmet needs, and these expanded states become available to you.



8. SHARE WITH VULNERABILITY

What happens when people open their hearts?

They get better.

- Haruki Muakamo, Author

Perhaps the most important key to nurturing a BreakThrough is being willing to become emotionally vulnerable.

Authentic emotional vulnerability makes personal transformation possible. It short-circuits the shame that keeps our dysfunctional patterns in place.

Vulnerability is also where all the good stuff is...intimacy, connection, joy, courage, and true personal power.

Find safe people to be vulnerable with and invest in such relationships.

Find a transformational community of like-minded people who will respond to your vulnerability in healing ways.



Try this:

1. **CHOOSE** a trusted coach, mentor, therapist, or friend to confide in.
2. **ASK** them if they can hold space for your vulnerability. Ask if they can listen and reflect...if they can HEAR YOU without trying to comfort or fix you.
3. **SHARE AUTHENTICALLY**, from your heart. Notice in your body where you feel resistance to sharing. Lean in, but don't force it...manufactured vulnerability doesn't really work.
4. **THANK THEM** for being a safe place for you to explore your vulnerability.



9. INCREASE YOUR SELF-COMPASSION

*Our sorrows and wounds are only healed
when we touch them with compassion.*

- Buddha

Self-Compassion breaks the chains of self-sabotage.

An often overlooked secret of inner work is that when we get into the work, beneath the layers of childhood conditioning and self-judgment, the deeper work is to be able to bring love in the form of self-compassion to yourself.

But “love yourself” is easier said than done.

It takes learning actual somatic techniques for moving energy from your heart towards parts of you that you’ve been judging and instead sending goodwill to yourself.

Goodwill, not good feelings!



Here's an adaptation of a simple cornerstone practice known as "affectionate breathing" that was first pioneered by self-compassion experts Drs. Kristen Neff and Christopher Germer:



1. **SIT** quietly with your hand over your heart.
2. Allow your body to "breathe you" as you **OBSERVE** the internal caress of the sensation of your breath.
3. **HOLD YOURSELF** tenderly with goodwill.
4. Release awareness of your breath and **NOTICE YOUR FEELINGS** for a few moments before bringing awareness back to your surroundings.

Simple as this process sounds, it's known to sometimes bring up whatever uncomfortable feelings are in the way of self-compassion. This is known as "backdraft," named after the behavior of fire that is exposed to fresh oxygen after it's used up the supply of oxygen that was feeding it.

Backdraft can feel like unease, negative emotions, or fearful thoughts and is a sign that you are doing the process correctly...that you are "opening the door of your heart."

If you experience backdraft, try this:

1. **LABEL** the backdraft, kindly, in a tone you'd use with a child or a friend.
2. **NAME** the emotion that is arising.
3. **BE PRESENT** with location and specific sensations of the emotion.
4. **BRING YOUR ATTENTION to** your breath and notice your feelings for a few moments before bringing awareness back to your surroundings
5. **FEEL THE SOLES** of your feet. Get up and walk around, while staying present to your kindness towards yourself.

Learning how to feel compassion for yourself and your experiences is a transformative act of self-love.



10. UPLEVEL YOUR SELF-CARE

An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.

- Unknown

Many of the issues people face are *symptoms of inadequate self-care.*

Poor diet, sedentary lifestyle, and inadequate sleep create major life problems over time.

And unmet self-care needs always exacerbate other problems.

In addition, *BreakThrough work requires more activation energy* than watching TV or just getting by, so you'll need to uplevel your self-care with **diet**, **exercise**, and **sleep** to give you more energy to sustain yourself.



This will ensure that you don't peter out mid-transformation or lose your presence and resort to old ways of being.

Just as important, I invite you to address the needs of your central nervous system with emotional self-care as well.

Do this by attending to things that keep you feeling unsafe, disconnected, not valued, or disempowered. These feeling states always create symptoms.



Try this:

1. **CHOOSE** an area of **PHYSICAL SELF-CARE** (Diet, Exercise, Sleep) that, with one small change, will *bring the most benefit for the least amount of effort*. Perhaps drinking a glass of water each morning, cutting your caffeine in half, taking a 10 min walk, or going to bed 30 min earlier.
2. Similarly, **CHOOSE** an area of **EMOTIONAL SELF-CARE (Safety, Connection, Power)** that will also bring you the most benefit for the least effort. Unmet needs for safety, connection, and power and the coping mechanisms that develop cause most of the distress in the clients who show up to work with me. Feel free to reach out to me for further guidance around safety, connection, and power needs, as this is my area of expertise.
3. **ENJOY** the extra energy and well-being that accompanies your new choices.

11. NURTURE YOUR INNER CHILD

Often, that which we seek outside is what the inner child is seeking from parental figures, wanting that which we didn't receive as children from the external world. Healing begins when we attend to that child.

- Kelly Martin, Author

Somatic Inner Child Work is one of the quickest ways to see life-changing results. This is because we lay the foundation for how we learn to relate to ourselves and others in early childhood.

No matter how great our parents are, no one can meet ALL of our needs, all of the time. This is especially true when a parent suffers from unmet needs that get in the way of being fully present and conscious as a parent.

Additionally, culture is largely the passing on of the fears of our ancestors to their children. As a result, *we all emerge from childhood with cultural and familial conditioning that shapes how we think, feel, and behave.*

Somatic Inner Child Work uncovers and *releases conditioning and emotional baggage* from the past that we still carry in the present.

Learning to reparent ourselves and to meet the unmet needs of our INNER CHILD and INNER ADOLESCENT are keys to resolving the dysfunctional coping mechanisms that persist throughout life.

The result of doing this work is an *embodied felt sense of deeper connection* to yourself, which brings **vitality, presence, and joy**. This makes it possible to **connect** more deeply to others. It also gives you tools for understanding your emotional **triggers**, which are usually the voice of the inner child. This **improves our relationships**.

Somatic Inner Child Work Journal Process:

1. **ATTUNE YOUR PRESENCE** to your Inner Child
 - Use the power of breath to *relax*
 - Identify *Thoughts, Feelings, and Sensations* you are present to while recalling powerful childhood memories.
 - Use vivid imagery and descriptive language self-talk to zero in on sensations, which can be a doorway to your inner child.
2. **JOURNAL** to Establish Contact
 - Use a journal to record a back and forth dialogue with your Inner Child. Record your Inner Child's thoughts, words, feelings, images, or memories.
 - Start with easy, joyful questions like "*What would you like me to call you? You can pick any name you want*" and "*What do you like to play*" and "*How old are you?*"
3. Clarify **UNMET NEEDS**
 - Use lots of appreciation and listening. Resist shaming, blaming, or teaching. Listen!
 - Progress to more emotionally charged areas like "*How do you feel*" and "*What do you wish was different*" and "*What are you sad about?*"
 - Look for ways that your Inner Child's unmet needs may be connected to emotional blocks, dysfunctional behaviors, or coping mechanisms that still show up in your life.

4. **REASSURE, VALIDATE**, and **MEET** Unmet Needs

- Repeat what your Inner Child shares so that he/she feels seen and heard.
- Offer lots of empathy and compassion. "*That must have been hard*" or "*No one was helping you in that situation.*" Bringing love and care to your Inner Child is the magic ingredient for success.
- Create an ongoing relationship that works for your life. To build trust, offer realistic options only.

5. Consciously **COMPLETE** the Session

- Thank your inner child and ask him/her to relax back into a favorite spot in your body.
- Breathe and move to come back into present awareness.
- Explicitly make any connections between the child's need, current behaviors, and your goals.
- Journal, create art, and move to integrate the learning.

Somatic Inner Child work is one of my signature offerings that has produced tremendous success in the lives of my clients. I hope you enjoy this BreakThrough tool!

12. SEE YOURSELF CLEARLY

Do you want to meet the love of your life?

Look in the mirror.

- Byron Katie, Author

Mirror work was popularized by New Thought author and Hay House founder Louise Hay, who taught people to stand before a mirror and say affirmations. In my experience, this creates a somewhat shallow level of self-love that falters under the weight of stress. I advocate a different type of mirror work, where we arrive at the mirror with curiosity to explore and discover what we truly see when we look at the person in the mirror. This often uncovers deeply held beliefs about ourselves...the ones that get in the way of our goals.

Mirror work can help you see yourself more clearly. To see how you judge yourself and how you withhold love from yourself, so that you can identify and escape such sabotage patterns. When facilitated well, mirror work can cultivate self-compassion and gratitude or other desired states of being aligned to your goals.

Try This:

1. **SIT** or stand in front of a mirror hanging on a wall or door, eyes closed.
2. Find your Breath. **BREATHE** deeply.
3. **CONNECT** to your inner sensations.

4. Feel the ground beneath you. Find your center.

FEEL your Power.

7. Now **SOFTEN** into your heart. Breathe into your heart. In a moment, you'll be opening your eyes. For now, just enjoy being in your body, as aware consciousness.

8. Open your eyes and **LOOK** in the mirror. Feel into your energy before we get too distracted by your face.

9. Simply **BE** with the energy that is being reflected back in the mirror to you. Notice whether you can accept this person exactly as it is. Do not entertain that anything could be or should be different about this perfectly imperfect person. Accept this person exactly as this person in the mirror is.

10. **NOTICE THE RESISTANCE** that comes up. The resistance to fully accepting this person exactly as he or she is.

11. **SOFTEN**. Look in the mirror and see what you see. With as much honesty as you can.

12. **THANK YOURSELF** for showing up to do this work.

13. RE-STORY YOUR THINKING

*You are the hero of your own story.
- Joseph Campbell*

Our thoughts are key...they will suck you into an emotional rabbit hole if you let them and they will reinforce beliefs that are dysfunctional and harmful to your self-worth. Learn how to reframe your point of view and re-story your life so that you can live into a more promising future. This tool is being developed further. When it's completed, this guide will be re-sent to you.

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AN INVITATION FOR YOU

If you want specific strategies about a BreakThrough you are seeking, feel free to reach out to me via BreakThroughCircle.com for feedback on your situation, at no charge. My specialties are:

- Anxiety, overwhelm, fear/insecurity
- Making sense of confusing emotions
- Challenges of being an empath
- Conflict...inner or outer
- Disconnection from oneself or others
- Parents working with a difficult child
- Feeling not valued or powerless in your life

Thank you for doing this work to become more present with yourself and available to hear and receive your inner wisdom.

My hope is that you can use these Pandemic BreakThrough Tools to enable you to find your deeper gifts and begin to give them in a way that feels nourishing to you and those in your life.

Namaste.

James

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**Blessings,
James**

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