

THE SOBER SPACE

The SOBER Space is an ON-THE-GO mindfulness practice that you can do anywhere, anytime because it is brief, simple, and flexible. It can be used in a stressful situation, if you are upset, or when you are experiencing urges or impulses to engage in unwanted behavior. It can also be used when things are going well, when you are having fun, or any other time you want to more fully “show up” to appreciate the present moment. It can help you step out of “automatic pilot” and be more aware and mindful in your response.

Stop. Remember to stop or “pause” to do this exercise. This is the first step in stepping out of automatic pilot.

Observe. Observe what is going on in the moment, both around you and inside of you (body sensations, emotions, and thoughts). Try to observe with a sense of curiosity and nonjudgment.

Breathe. Notice the sensations of the breath in your body as you take a few slow breaths in and out.

Expand. Expand your awareness beyond just the breath to your whole body and then to the whole situation you are in.

Respond. Respond to the situation with awareness, rather than reacting automatically. Recognize that you have choices for how to respond. Think about what you need and how you can take care of yourself.