

# O-BOSS ~ TAKING A TIME IN

## OBOSS – Ouch, Breathe, Observe, Soften, and Soothe

Whenever you are triggered, over stressed, feel vulnerable, or off balance, consider giving yourself a **Time In** using the OBOSS method. OBOSS is a way to lean in and care for yourself when you are handling a difficult emotion or situation. OBOSS can be used with all difficult emotions, some will move through quickly (5 seconds) and others will take longer (up to 90 seconds). Strong emotions may release but then loop back and will need caring attention again. Be steadfast.

Remember to be patient, gentle, and open to a sense of humor while learning the OBOSS method and using it. This method allows us to first go to our body's nuanced sensations and energy states for healing, instead of the incessant inner narrator of the mind.

**Ouch:** When you sense pain, notify yourself to gain your attention.

- Inwardly you may think or say: “This is a moment of suffering.” “Crikeys.” “Whoa Seabiscuit.” “OUCH.”
- This helps you notice when you are emotionally triggered, hooked, activated.
- Noting it immediately will decrease some of your anxiety and encourage you to lean in. This is the first step.

**Breathe:** After the “Ouch” moment, gently breathe in and out, extending your exhalation a bit more than your inhalation. Use 3 counts for the in-breath and 6 counts for the out-breath.

- The most important thing is to remember to breathe. We tend to hold our breath when we are anxious, scared, emotionally overwhelmed.
- Exhaling tends to soothe our soul and activate our compassion and empathy.
- Breathing allows us to get some space around the sensation of energy.
- Breathing gives way to clearer thinking and observing (here it comes next).

**Observe:** Check in with your body and locate the sensation of the feeling *without any storyline or judgment*. This is the key part, be in the experience of your body and drop the storyline of your head.

- Find the sensation and note it. What's its temperature, texture, fluidity, sharpness, color?
- You can name the actual emotion but it's more important to just feel it. Stay in the body.
- Turn toward the feeling and if it seems like too much to handle, just hang out on the edge of it. As it softens, move further into the sensation

**Soften:** Soften the area around the feeling in your body.

- Breathe in some space surrounding the sensation.
- Just stay with the feeling as a caring parent would stay with a sick child, even if it aches.
- Be steadfast. Hold the experience gently. *Drop any storyline circling in your head.*
- You might notice that it will disappear but another emotion may immediately crop up.
- Soften into the new feeling.

**Soothe:** Offer yourself care and kindness just as you would a dear friend, a child, a pet, or someone you loved that is experiencing pain.

- Use a caring touch; envision a safe and warm place; imagine what a wise and beloved person would say to you; recite a mantra of self-kindness.
- Gently soothe the sensation. It will release when it releases.

