



Finding balance and using it in everyday life and in therapy

... in daily routine as well as
in challenging situations

The Goal

To find the sweet spot **where**

- your body acts as an antenna that lets you perceive every change,
 - which either **costs** or **gives** you energy,
 - which either **creates** or **releases** tension;
- you can react immediately
- and so, in the long term, bring **your life into balance.**

Steps to reach this goal in brief:

Move into a balanced posture,
activate your diaphragm with several conscious breaths,
imagine emptying your body and brain with every breath,
focus on this feeling as your **sweet spot** and store it.

Step 1: Posture

Move

into

a balanced posture,

keep slightly moving

- although you seem to be almost motionless -
by conscious use of proprioception.

Step 2: Breathing

Be aware of how you breathe – this opens the door to your gift of interoception so that you can decode your feelings as a language of your body.

Train your diaphragm and direct your breath into your abdomen.

There are countless breathing techniques, e.g.

- Breath Ladder

- 4-7-8 Technique

- Square Breathing

- (see references)

Your brain

does the main job by continuously
checking your **body budget in advance**,
and also
by checking if you are in a **safe space**.

Traumata and negative experiences can distort perception in such a way that it automatically leads to false reactions (faulty neuroception).

Where and when?

Everyday life is the place where you can practice these skills,

so that they are available to you in your professional life by means of using

proprioception <https://www.youtube.com/watch?v=PMm7G0il5oc> and

interoception <https://www.youtube.com/watch?v=i6eN5ftFXHI> ,

and by training to listen to **neuroception** as your GPS. In this way you'll learn to check which thoughts and experiences trigger your feelings and sensations

<https://www.youtube.com/watch?v=Gme6YOVDsJk> .

From this safe space

you will be able to cope with challenging situations in the outer as well as the inner world.

„Systema“ Martial Art trainer Matt Hill sums it up briefly and concisely (E-mail March 2024)

*“...it's important to be a **conduit of stress and pressure rather than a receptacle**: i.e. does stress sit in you or does it pass straight through?...It's important to feel when stress or pressure enters your system, whether through thoughts, physical effort or emotions. This **act of noticing should be enough to then release it**. Let it fall through the body and 'earth' into the ground. You can do this through:*

breath,

a soft exhale,

a small movement shift in the area of the tension,

or simply relaxing the area at will.”

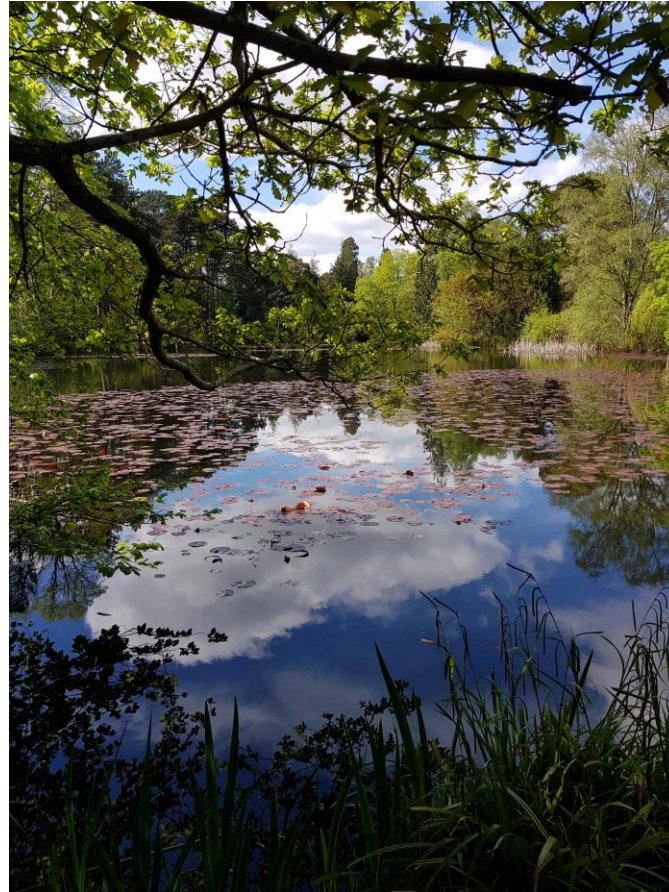
Implementation in Positive Psychotherapy

Find your sweet spot. This alone helps the patient to perceive a safe space, to internalize it over time and to thus heal their faulty neuroception.

Transference and counter-transference influence the body budget. In the best case, you also regulate it in the patient, if you keep going into balance and act from this safe space.

In this way you can observe all imbalances from your sweet spot and guide the patient to work through them.

Every End is a Beginning



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