The Wild Life Prevention and Recovery Center

Step 5 Meditation – I admitted to myself the exact nature of myself. [You.Enjoy.Myself.](https://www.youtube.com/watch?v=onq0yTA-J_M)

Materials needed:

- A Time When You Can Focus on You

- A Quietish Place

- Timer

- 1 person to call out directions -- or tape yourself reading this – or create your own

- Pen and Paper (Print Out this Form if You Wish).

Directions:

\_\_\_\_Sit as upright as possible (spine erect, head erect, muscles relaxed) on floor, cushion, wheelchair, etc.

\_\_\_\_Rest your palms down on your thighs.

\_\_\_\_Close your mouth and eyes.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Ears \_\_\_\_Ears - Focus on your ears.

\_\_\_\_Note to yourself, "Hearing.”

\_\_\_\_Breathe again

\_\_\_\_Breathe naturally noting, “Hearing” until you can really focus on hearing.

\_\_\_\_If you’re doing this with a partner, signal (tap your index finger?) when you’re ready to move on.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Eyes \_\_\_\_Eyes - Look at the inside of eyelids

\_\_\_\_Note to yourself, "Seeing.”

\_\_\_\_Breathe again naturally, noting , “Seeing” until you can really focus on seeing inside.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Nose \_\_\_\_Nose – Focus on your nostrils

\_\_\_\_Note to yourself, "Breathing.”

\_\_\_\_Breathe again naturally, noting, “Breathing: until you can really focus on breathing.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Mouth & Jaw \_\_\_\_Focus on your mouth and jaw

\_\_\_\_Note to yourself, "Relaxing.”

\_\_\_\_Breathe again naturally, noting “Relaxing” until you can really focus on your mouth and jaw.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Throat \_\_\_\_Focus on your throat.

\_\_\_\_Note to yourself, "Swallowing.”

\_\_\_\_Breathe again naturally, noting, “Swallowing” until you can really focus on your throat.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Neck and Spine \_\_\_\_Focus on your neck and spine.

\_\_\_\_Note to yourself, "Straightening.”

\_\_\_\_Breathe again naturally, noting, “Straightening” until you can really focus on your neck and spine.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold :

Shoulders \_\_\_\_Focus on your shoulders.

\_\_\_\_Note to yourself "Relaxing.”

\_\_\_\_Breathe again naturally, noting, “Relaxing” until you can really focus on your shoulders.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Arms \_\_\_\_Focus on your arms

\_\_\_\_Note: "Relaxing.”

\_\_\_\_Breathe again naturally, noting “Relaxing” until you can really focus on your arms.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Palms & Fingers \_\_\_\_Focus on your palms & fingers, where they touch your thighs.

\_\_\_\_Note: "Touching.”

\_\_\_\_Breathe again naturally, noting “Touching” until you can really focus on your palms/fingers.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold:

Chest \_\_\_\_Focus on the movement of your chest as you breathe.

\_\_\_\_Note: "Breathing.”

\_\_\_\_Breathe again naturally, noting “Breathing” until you can really focus on the movement of your chest.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Lungs \_\_\_\_Focus on your lungs.

\_\_\_\_Note: "Breathing.”

\_\_\_\_Breathe again naturally, noting “Breathing” until you can really focus on your lungs filling and emptying.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Heart \_\_\_\_Focus on your heart.

\_\_\_\_Note: “Beating”

\_\_\_\_Breathe again naturally, noting “Beating” until you can really focus on your heartbeat.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Stomach \_\_\_\_Focus on your stomach.

\_\_\_\_Note: "Digesting.”

\_\_\_\_Breathe again naturally, noting “Digesting” until you can really focus on your stomach.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Belly-Button \_\_\_\_Focus on the movement of your belly-button as you breathe.

\_\_\_\_Note: "Breathing.”

\_\_\_\_Breathe again naturally, noting “Breathing” until you can really focus on your belly breathing.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

Genitals \_\_\_\_Focus on your genitals.

\_\_\_\_Kegel (squeeze genital muscles) 10 times

\_\_\_\_Relax your genitals

\_\_\_\_Note: "Resting”

\_\_\_\_Breathe again naturally, noting: “Resting” until you can really focus on your genitals.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Butt Cheeks \_\_\_\_Focus on your buttocks where they touch the cushion/chair.

\_\_\_\_Note: "Touching.”

\_\_\_\_Breathe again naturally, noting “Touching” until you can really focus on where your butt touches.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Legs \_\_\_\_Focus on your legs, where they touch the cushion/chair/floor.

\_\_\_\_Note: "Touching.”

\_\_\_\_Breathe again naturally, noting, “Touching” until you can really focus on where your leg touches.  
\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Feet \_\_\_\_Focus on your feet & toes, where they touch the cushion/chair/floor.

\_\_\_\_Note: "Touching.”

\_\_\_\_Breathe again naturally noting, “Touching” until you can really feel where your feet & toes are touching

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Back \_\_\_\_Focus on your back muscles

\_\_\_\_Note: "Relaxing.”

\_\_\_\_Breathe again naturally: noting, “Relaxing” until you can really feel your back muscles relaxing.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Spine & Neck \_\_\_\_Focus again on your neck and spine.

\_\_\_\_Note: "Straightening.”

\_\_\_\_Breathe again naturally, noting “Straightening” until you can really feel your spine straightening.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Head \_\_\_\_Focus on your head

\_\_\_\_Note: "Balancing.”

\_\_\_\_Breathe again naturally, noting “Balancing” until you can really feel your head balancing.

\_\_\_\_Breathe In through your nose

\_\_\_\_Breathe Out through your nose

\_\_\_\_Hold

Brain \_\_\_\_Focus on the inside of your forehead (behind your eyebrows).

\_\_\_\_Note: “Thinking.”

\_\_\_\_Breathe again naturally, noting “Thinking” until you can really focus on your brain.

\_\_\_\_Let your partner know (tap your index finger?) when you’re ready.

Sit in silence for a few minutes or as long as you want to.

Complete Step 5 – The choice is yours. Compare and Contrast these 2 versions of You. You can deal with this or you can deal with that

|  |  |  |  |
| --- | --- | --- | --- |
| EARS | How are my ears working for me? | They hurt.  They buzz.  I cannot hear or understand what people are saying. | I can hear the birds eating seed—it’s a low small satisfying sound. I can hear the cat purring, the cat drinking, the cat eating. Spooks makes messy sounds when he eats. I can hear all the instruments and words. |
|  | What am I listening to? | Lies  Opinions of others about me.  Angry music (without a grain of salt).  The thoughts in my head. | The birds.  My partner.  My cat.  My family.  Silence. |
| EYES | How are my eyes working for me? | I get dizzy and can’t see straight.  I see double.  I black out.  I can’t read. | I can read again.  I can see straight.  I can watch entertainments and understand them. |
|  | What am I looking at? | My cell phone.  My ex-boyfriend’s porn (all night long).  People who cannot control their face when angry.  People’s private info (texts, etc) without permission.  Angry or over-sexual music videos.  A mirror (for too long). | My partner.  My family.  My cat.  Nature.  The inside of my eyelids.  Golf, books, and other calming entertainments.  Nothing |
| NOSE | How is my nose working for me? | I can’t breathe.  It’s stopped up.  I broke it falling on my face in a blackout. | I can smell all the good and bad things. |
|  | What am I doing with my nose? | Snorting cocaine.  Snorting meth.  Snorting prescription drugs I ground/cut.  Smelling smoke.  Smelling vomit.  Smelling diarrhea. | Preparing food (this is how I cook and figure out what goes together).  Snuggling with my partner.  Smelling the roses, irises (only the blue and purple ones have a scent), etc.  Holding my breath while changing diapers! |
| MOUTH | How is my mouth working for me? | I am slurring my words.  I can’t control my tongue.  I can’t move my jaw—it’s either slack or chattering. | I am able to hold my tongue.  I can stop and think before I say something awful.  I can stop and think before I eat or drink something. |
|  | What am I doing with my mouth? | Drinking too much too fast.  Eating too much too fast.  Kissing and being “intimate” with strangers.  Lying.  Telling people I love them when I don’t.  Give me something to break! Like a vow. | I’m sipping.  I’m chewing.  I’m tasting every bite and enjoying it (or not).  I’m eating Wheaties now! |
|  | What is happening to my face? | Mouth pursed or sneering.  Eyes squinty and red.  Bags under the eyes.  Jaw clenched.  Wrinkled forehead | Jaws relaxed.  Soft smile or big smile (when laughing).  Feels calm and looks calm. |
|  | How does my voice sound? | Too loud and too harsh when I am mad or challenged.  Too soft and breathy when I am scared. | I can speak calmly and use a calm tone of voice even if I’m mad, challenged, or scared. |
|  | What words do I use? | Stop! No! Don’t!  I curse.  I call people names.  I dumb-down my vocabulary when not needed.  I use uppity vocabulary when not needed. | Yes! Thank you! Good job!  “I need a minute--I feel upset/scared/angry.”  I use my vocabulary as needed. |
|  | How is my breath? | Breath stankin from the 8-ball.  I can almost taste it—it burns.  I am not doing well when I don’t brush 2x daily and floss 1x daily. | I am doing well when I brush 2x daily and floss 1x. |
| THROAT | How is my throat working for me? | It feels as though it’s closing up on me.  I literally cannot swallow.  I have been to the hospital many time for this  There’s a lump in my throat from smoking crack. | It’s open.  I can sing.  I can speak.  If I’m having a panic attack, I know it and know how to handle it. |
|  | What am I doing with my throat? | Smoking.  Drinking too much too fast.  Eating too much too fast.  Throwing up.  Almost choking on vomit (after street pills). | Singing  Talking  Breathing  Chanting  Humming  Yoga Breath |
| NECK | How is my neck working for me? | It hurts. | It’s flexible. |
|  | What am I doing with my neck? | Hunching over my computer screen.  Hurling—hunching over the toilet. | Doing yoga. |
| SPINE | How is my spine working for me? | It hurts really badly. Especially at the lower back. | It’s supple.  It’s straight. |
|  | What am I doing with my spine? | Arching my butt back because my partner told me to. | Doing yoga. |
| SHOULDERS | How are my shoulders working for me? | Falling asleep. Getting random bruises. | Feeling strong. |
|  | What am I doing with my shoulders? | Sleeping on them. Knocking into things. | Something healthy. |
| ARMS | How are my arms working for me? | Falling asleep. Getting random bruises. | Feeling strong. |
|  | What am I doing with my arms.? | Sleeping on them. Knocking into things. | Something healthy. |
| HANDS | How are my hand working for me? | Falling asleep. Getting random bruises. | Feeling strong. |
|  | What am I doing with my hands? | Typing, texting, masturbating too much.  Replying All before reading.  Sleeping on them. Knocking them into things. | Something healthy. |
| FINGERS | How are my fingers working for me? |  |  |
|  | What am I doing with my fingers? |  |  |
| CHEST | How is my chest working for me? | Like pancakes on a nail! | “That’s what I’m looking for in a woman.” |
|  | What am I doing with my chest. |  |  |
| LUNGS | How are my lungs working for me? | My breathing is erratic. Shallow. Difficulty breathing. Smelly. | If my breath is not smooth, at least I’m aware of it. |
|  | What am I doing to my lungs? | Killing them. I’ll be wearing an oxygen tank to Disneyland with the kids. I wont be able to keep up. | Using them to the best of their ability. |
| HEART | How is my heart working for me? | It skips beats when mad, scared. It thumps out of control when I am high or hungover or ? forbid both. | Strong and regular, but I do have arrythmia and tachcardia. |
|  | What am I doing to my heart? | Killing it. | Strengthening it with exercise. Calming it with meditation. |
| STOMACH | How is my stomach working for me? | Not well. It hurts. It’s sick. It’s empty or overly full. | It’s digesting. |
|  | What am I doing with my stomach? | Eating too much. Drinking too much. Eating and drinking things that hurt it. | Alternating digesting healthful food and drink with periods of rest and occasional fasting. |
| GENITALS | How are my genitals working for me? | What is that smell?!?  Why does it sting when I pee?  Why am I bleeding?  I get aroused when in emotional and physical pain (hungover, dope-sick) bc I used orgasm to escape Life. | I get aroused when I am close with a monogamous, safe, loving, committed partner whom I don’t let lie, cheat, steal, hit, hurt, shame, or rape me just because I’m desperate to be loved by someone or have a child before it’s too late. |
|  | What am I doing with my genitals? | Masturbating to escape emotional and physical pain (hungover, dope-sick). | Masturbating for and with my monogamous, safe, loving, committed partner, and being sexually intimate in other ways. |
| BUTT | How is my butt working for me? | It’s constipated or in pain or having diahrea or all of the above. It’s bruised randomly. I don’t know why. | It’s digesting. |
|  | What am I doing with my butt? | Bumping into things. | Move your hips from side-to-side. |
| LEGS | How are my legs working for me? | They are buckling.  I can’t walk.  I can’t ride a bike.  I think I can drive but I cannot. | They are strong. |
|  | What am I doing with my legs? | Running away from a bad situation that I made worse with sex drugs alcohol. | Dancing  Yoga  Sitting |
| FEET | How are my feet working for me? | I can’t walk.  I can’t ride a bike.  I think I can drive but I cannot. | They are strong. |
|  | What am I doing with my feet? | Running away from a bad situation that I made worse with sex drugs alcohol. | Dancing  Yoga  Sitting |
| BACK | How is my back working for me? | It HURTS. | It still hurts. |
|  | What am I doing with my back? | Arching it way back bc my ex-boyfriend told me to.  Carrying a backpack that’s too heavy because I have to carry breakfast, lunch, and dinner innit.  Carrying a backpack that’s too heavy because I am being an asshole to myself so someone else will stop me. | Something healthy. |
| HEAD | How does my head feel? | It is throbbing.  It feels as though it’ll pop off and I wish it would  It hurts so badly my face and teeth are throbbing. | I can deal with whatever it is—I have sinus problems due to acid reflux. |
| BRAIN | How is my brain working for me? | I can’t think straight.  I can’t see straight.  I can’t move properly  I am in a black-out.  The lights are on but I’m not home. | I can choose where to put my attention and focus.  I can feel pain and anger and fear and let go of it.  I can feel joy and ecstasy and not cling to it in the hopes it’ll never stop or go away.  I can read, think, meditate, and just be silent or still. |
|  | How does my body feel? | As though I have squandered all the gifts I have been given in this body. | As though I am taking really good care of my health and all the gifts I have been given in this body. |
|  | How does my mind feel? | Racing. Uncontrollable. Dark. Crazy.  STUPID | Smartish.  I know I have a choice of where to put my focus. |
|  | What am I thinking? | This is never going to stop or change!  I never want this to stop or go away!  They don’t like me and never will.  They think poorly of me.  I wanna be sedated.  I am funny as shit. | This too shall pass.  I want to be present in this moment no matter what, and I can do it. |
| What happens? |  | I ignore others. I eat and drink too much too fast. I can’t hear people over my own thoughts. I make promises I can’t or don’t keep. I tell people I love them when I don’t. I cheat. I lie. | I am very present even if it’s an unpleasant moment. I play and work well. I save money. |
| Who am I with? |  | You know who you are, and I do, too.  Wolves in Sheep’s Clothing.  Fair-weather Fiends.  She blew my balls right thew my drawers. | Intimate people who don’t shame, hit, hurt, or talk down to me, or give me all kinds of advice designed to enlighten me.  Friendly people who know how to have fun without over-eating, getting drunk, or doing drugs.  Nobody  Spook |
| Where am I? |  | I don’t know.  Wherever.  It doesn’t matter.  Some stranger’s bed (fully clothed and sick).  My bed—in a ball of confusion.  The “Relapse Room.”  Jail  Involuntary Commitment  Court | Home  Church  Meditation Retreat  Grocery Store  Hardware Store  Outside  With people who love me.  With people who do not judge me.  Alone |