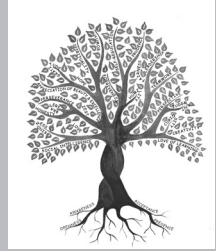


MBSB Handout 7.3

Session 7:

Signature Strengths Breathing Space



The signature strengths breathing space is a 3-step application exercise used to help individuals face the realities of the present moment with their highest strengths. This mindfulness meditation focuses on those strengths that are strongest in the individual. The individual then practices bringing them forth at positive and challenging times. This practice directly employs the aware-explore-apply model, a way of working with strengths. This model states that the first step in working with strengths is enhancing awareness and is followed by exploring that awareness to deepen understanding, and concludes with taking action.

Aware

As I establish a connection with my breathing, I tune in directly to one of my signature strengths, those strengths that are most core to who I am in this world. I allow myself to see the strength fully and clearly as I breathe.

Explore

As I continue to attend to my breathing which anchors me in this present moment, I explore my signature strength. I reflect on how I've used it in the past with success. I take notice of how it has contributed to the good in my life. I understand how it has helped others. I return my attention to the present moment.

Apply

As I breathe, I consider how I might use my signature strength in my present situation. I'm confident there is some way I can apply this strength in the present moment in my thinking, my feelings, or my actions. I use my breath to keep me focused on my strength and I stay open to new possibilities and growth. As I move forward, I breathe with my signature strength.

Optional: Strengths gatha to help support the signature strengths breathing space:

Breathing in, I am aware of my signature strength,

Breathing out, I explore my signature strength,

Inhaling, I breathe along with my current situation,

Exhaling, I apply my signature strength.

Note. This exercise is different from another MBSB exercise, the character strengths breathing space, which focuses on boosting three specific character strengths that are tied closely to different qualities of mindfulness.