



## Exercise 3

# Changing behaviour patterns



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## Changing behaviour patterns

How we react in stressful situations creates a specific pattern. Each of us has their own individual scheme of action containing certain thoughts, emotions and sensations in the body.

Through contact with your body's own sensations, you can deepen your self-awareness.

### Why?

**To effectively identify patterns that are limiting to us and convert them to those that will support us.**

It is therefore useful to learn to recognize what is happening in the body, when a person experiences strong emotions, eg. Anxiety, fear or stress. What posture do they adapt, how they breathe, how they move, what are they thinking?

It is important that we understand that there are no moves or thoughts that are bad or good. They are different in their quality, different contexts and compositions. They affect what we think and how we feel. **The following exercise is designed to identify the movement pattern associated with the emergence of negative emotions and convert it to one that will be positive and supportive.**

- Observe yourself in situations when you feel stress, eg. When you need to give a speech. This is a negative pattern. You can recall such an event or make an observation at a time when the situation happens. You might need a second person to help you observe yourself. You can also play a scene which shows you in a particular situation that is stressful for example, in front of the mirror or record yourself while performing this exercise.
- Please observe yourself. Are you slouching or standing confidently? How are your arms positioned? How do you breathe? How are you walking? Slow or fast? You move freely and your body is relaxed, is your movement stiff? What gestures do you perform? How do you "hold" your head? Are you smiling?

**Make a note of your observations.**

- > Now go to the next step of the exercise. Just as you have previously observed yourself in situations when you feel stress, fear or anxiety, do the same for the opposing situation.
- > How you behave when are you confident? Strong? **This is a positive pattern.**

**Make a note of your observations.**

- > You can now start changing your negative pattern into a supporting one. When you find yourself in a stressful situation, enter elements from a positive movement pattern.

**Sometimes changing a small element in a posture or a way of breathing makes you feel a change of negative emotions to positive.**