

Using the SOBER Breathing Space in Challenging Situations

SOBER Breathing Space

Stop: Pause wherever you are

Observe: Notice what is happening right now

Breath: Direct focus to your breathing

Expand your awareness to include a sense of the body as a whole

Respond with awareness, ask yourself what is needed

Instructions: In the left column, list any situations (people, locations, relationships, emotions, events) that happen this week that feel challenging, triggering, or like high-risk situations. In the next columns, write what you notice about your reactions, especially sensations, thoughts or emotions that might be cues for you in the future to take a SOBER space. In the third column, note whether you were able to take a SOBER breathing space, and in the final column, write your response to this situation.

| High Risk Situations or Triggers (people, locations, emotions, events) | Reactions (sensations, thoughts, feelings that might be cues for taking a SOBER space) | SOBER space (yes/no?) | How did you respond? |
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