

# Mindfulness for Conflict Resolvers

Interagency ADR  
Working Group  
Lunchtime Program

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# What Is Mindfulness?

- Paying Focused Nonjudgmental Attention on Purpose, in the Present Moment
- Observing/Witnessing our Own Thoughts, Body Sensations & Emotions with Kindly Curiosity
- Observing/Witnessing Others and our Environment with Kindly Curiosity

# Mindful Dispute Resolvers

Mindfulness Helps Dispute Resolvers to:

- Be Intentional instead of on Auto-Pilot
- Be Calm Amidst Tumult, Relaxed
- Notice/Release Judgments of Self and Others
- Be Open to Understanding Instead of Making Assumptions
- See Clearly
- Be Compassionate

# What is Mindfulness Meditation?

- Mindfulness Meditation Is an “...Inner Journey...the delicate Art of Allowing a Thought or Feeling to be whatever it is, without Getting Sucked into it..[a Discipline] to Regain Our Natural Control...Our Freedom”  
Bo Lozoff, We're all Doing Time
- It Is A Form of Exercise That Strengthens Our Ability To Behave Mindfully In Our Work And Personal Lives.

# BENEFITS:

Enhances a Dispute Resolver' s “Presence”

Promotes Calmness of Mind, Body & Spirit

Lowers Reactivity, Distractability & Stress

Promotes Self-Mastery

Increases Clarity and Mental Acuity

Increases Awareness of Self & Others

Increases Compassion for Self & Others

Increases Freedom from Habitual Reactions

Promotes Good Health & Brain Development

# Myths About Mindfulness Meditation

- Blank Mind
- Self-Centered
- Woo Woo – New Age Spiritual
- Woo Woo – Supernatural
- Religious
- Humorless

# We Are Not Our Minds

**Our Minds:** Differentiate and Analyze

Receive and Generate Thoughts

Compulsively Narrate our Lives

Jump Around Wildly - Monkey Mind

Think about the Past and the Future

Wander and Day Dream

Run Amok with Worry and Anxiety

# Mindfulness Meditation

Can be done sitting or walking, and includes two forms of meditation:

Concentration (focus on specific things)

Open Awareness or Bare attention (receptive to whatever arises)



# Mindfulness Meditation Techniques

- Anchor to the Present Moment in the Breath
- Observe/Witness Thoughts
- Observe/Witness Body Sensations
- Observe/Witness Emotions or Mood

# STOP

- Stop (cast your eyes down)
- Take a belly Breath
- Observe what's happening within – thoughts, body sensations, emotions
- Proceed

**Adapted from STOP Developed by the Stress Reduction Clinic, University of Massachusetts Medical School, and used in its MBSR training programs.**

# Intentions

- An Intention is not a Goal or Outcome
- An Intention Reflects Values
- Typical Intentions Include:
  - To Be Present / Mindful
  - To Be Kind
  - To Be Calm
  - To Be Courageous

STOPSI and Taking STOCK Help Us to  
Implement Our Intentions

# Setting and Following Intentions

- Mindfulness is Paying Focused Attention
- Attention follows Intention
- Having an Intention to be Mindful is a  
Powerful Aid to Sustaining Mindfulness
- Name your Intention
- Imagine using it Under Challenging Circumstances
- We Cannot Control What Happens, But We Can  
Intentionally Control Our Response to What Happens

# STOPSI

**Stop**

**Take a belly breath**

**Observe:**

thoughts, body sensations, emotions,

**Proceed to**

**SET a clear and simple**

**INTENTION (imagine difficulty following)**

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# Taking STOCK

**STOPSI (Initially)**

**Stop**

**Take a belly Breath**

**Observe:**

Thoughts, Body Sensations, Emotions

**Consider:**

Are You Following or Changing Your Intention?  
WHAT NEXT?

**Keep going**

# Favorite Bumper Stickers

- Don't Believe Everything You Think.
- Mindfulness, It's Not What you think.

**Mindfulness Can Help Us  
Be Present And  
Skillful For Those We Serve,  
For Ourselves and for Others.**



# How Do You Get to Carnegie Hall?

This Presentation Provides a Wee Taste  
of Mindfulness Meditation

Mindfulness Meditation Strengthens Our  
Ability to Behave Mindfully in our  
Work and Life

PRACTICE is Absolutely Necessary,  
Preferably with guidance from an  
Experienced Teacher or Sitting Group

# A) Loving-Kindness Meditation

May I be filled with Peace.

May I be filled with Joy.

May I be filled with Kindness for  
myself and others.

May I be filled with Compassion  
for myself and for others.

## B) Loving-Kindness Meditation

May I be safe and protected from all  
inner and outer harm.

May I be happy, peaceful and calm.

May I be as strong and as healthy as  
it is possible for me to be.

May I care for myself with joy  
and ease.