The Stillpoint Practice

the NW Lifestyle

UNDERSTANDING THE...

The *Unmanaged* Mind

Life is an infinite loop of something happening and how I react.
Automatic thing that we do when something happens.

_____ thoughts/day
_____% are thoughts we had the day before
_____% of those thoughts are negative

THE *UNMANAGED* MIND
The unmanaged mind is an autopilot loop of reactivity. Something happens, and you react without pause or intention.

The unmanaged mind is:

- **Automatic:** It runs on autopilot, repeating the same patterns without conscious input.
- **Subconscious:** It operates beneath your awareness, driving reactions you don't intentionally choose.
- **Default:** It's the path your brain takes when no intentional pause or choice is made.
- **Repetitive:** It loops the same thoughts and behaviors, often reinforcing unhelpful patterns.
- **Reactive:** It responds to triggers immediately, **without** space for reflection or intention.

Ultimately, an unmanaged mind is: **Unchecked. Unfiltered.**

If the unmanaged mind is a continuous loop of what happens and how I react, let's look at your autopilot loops. WHAT HAPPENS WHEN....

Here are a few examples.
child screams → you yell back
you come into the house after a long day→ you head to the cupboard
you feel stress → you swipe chocolate chips in the pantry
it's Friday at 7pm → pour a drink
you look at your to do list → get overwhelmed
you feel pressure rising → check out (scroll, eat, drink, avoid)
you walk down the stairs after putting kids to bed → head to the kitchen for a snack
you're bored → pick up your phone or start eating
in transition from one task to the next →

UNDERSTANDING THE...

The *Unmanaged* Mind

Here's how it shows up:

- Something happens: Your child screams
- You react: You scream back. You hide in the pantry with a bag of chocolate chips to seek relief.
- You judge: Guilt floods in. "I'm such a bad mom" or "I'll never get it together." or "Here I go again."
- You try to fix the reaction: Skip a meal to make up for it. Restrict. Workout harder. Push through.
- Cycle repeats itself.

The Stillpoint Practice breaks this cycle, helping you pause, reclaim your power, and choose a different way forward.

Your turn: Self-reflect
Situation → what you automatically do

Name your autopilot thought, feeling, behavior loops:

What the unspoken thoughts and beliefs running the show behind the scenes.
(What are the thoughts driving the stuck patterns that I keep repeating?)

Situation	What I automatically do (thoughts, feelings, behaviors)

UNDERSTANDING THE...

The *Unmanaged* Mind

When happens when...
Use this page for taking notes and personal observation.

As your *thinking* goes, so goes your *entire being.*

SARAH YOUNG

Reticular Activating System

Whatever we tell ourselves our brain will go to work to show us all the ways it's true.

Unfiltered *self-reflection*

What are the phrases you hear yourself say:

Definition of *default*

UNDERSTANDING THE...

The *Managed* Mind

THE *MANAGED* MIND

The managed mind is the **intentional pause** between stimulus and response. It's the **ability to step out of autopilot** and into conscious choice. It's about leading your life with clarity, alignment, and purpose.

The managed mind is:

- **Checked and Filtered**: It doesn't let every thought, trigger, or emotion run wild. It filters through what aligns with your values and who you want to be in any situation.
- **Intentional**: It creates space to pause, reflect, and respond in a way that aligns with who you want to be, rather than reacting impulsively.
- **Led by Mission and Values:** The managed mind is anchored in what matters most to you. It's guided by your mission, your values, and the bigger picture of the life you're building.
- **Self-Aware:** It brings awareness to patterns, triggers, and habits you might not have noticed before. It allows you to see yourself clearly and make empowered adjustments.
- **Authentic**: The managed mind doesn't perform or pretend. It aligns your actions with who you truly are, not who you think you're supposed to be.
- **Honest:** It's unafraid to face the truth about your feelings, your choices, and your circumstances. Honesty becomes the foundation for growth and change.
- **Rooted in Choice**: The managed mind knows you always have a choice. It reminds you that you're not a victim of your circumstances . You're the owner of your responses.
- **Curious:** Instead of judging or shutting down, the managed mind leans into curiosity. Before reacting, it asks questions like, "What's really going on here?" or "Am I able to offer myself a moment before I respond?"

Ultimately, the managed mind is about ownership.

It's about stepping into the driver's seat of your life and leading with intention, even when things feel messy or uncertain.

It's not about controlling every moment, it's about **choosing how you *relate* to it.**
This is the power of the Stillpoint Practice™. To help you cultivate a managed mind, one pause at a time.

THE POWER OF THE PAUSE

The *stillpoint* practice



The Stillpoint Practice™ is:

*"Between stimulus and response is a **space**. And in that space is our **power to choose our response.** In our repsonse lies are growth and freedom."* Viktor Frankl

The managed mind inserts a pause.

UNMANAGED MIND
Unchecked / Unfiltered

Stimulus ⟶ Response

MANAGED MIND
Checked/Filtered

Stimulus ⟶ PAUSE ⟶ Response

a 60-second pause between what happens and how I respond

Can I give myself *60-seconds to pause and breathe before* I respond here?

THE POWER OF THE PAUSE

The *stillpoint* practice



A filter is:

Stimulus → PAUSE → Response

Checked/Filtered

↓

FILTERS

PRESENT

POSTURE

PERSPECTIVE

PONDER

PURSUE



Filter #1:
Presence

THE POWER OF THE PAUSE

The *stillpoint* practice

Stillness:

What would shift in life if you took 60 seconds before respond or react to be still?

60 second practice of the filter of Presence

Between stimulus & response, take slow deep breaths.

Right now, I am here.

For this moment , can I let this be here without needing to change anything?

THE POWER OF THE PAUSE

The *stillpoint* practice



Filter #2: Posture

Posture of shame, blame, guilt, complaining...what does that produce?

Posture of compassion, curiosity, kindness, thankfulness...what does that produce?

What internal posture are you holding right now?

Trade it in for one of two postures: Compassionate Curiosity or Trust & Thankfulness

Compassion

Trust

Curiosity

Thankfulness

Stillpoint™ Filter question: Choose 1-2 filter questions from the questions offered for this video and write them below to use in your 60 second pause

THE POWER OF THE PAUSE

The *stillpoint* practice



Filter #3: Perspective

Perspective: a point of view. A particular way of seeing something or looking at something. What lens am I looking through. What story am I telling?

Is there something I'm not seeing that a pause of reflection could help me understand?

60 second practice using the Perspective Filter

Is there anything I'm not seeing that a pause of reflection could be help me understand? Help me see what I can't see.

God, help me see what you see.

Breathe Prayers invite new perspectives. Write yours below:

Inhale:
Exhale:

Inhale:
Exhale:

Inhale:
Exhale:

Inhale:
Exhale:

THE POWER OF THE PAUSE

The *stillpoint* practice



Filter #4: Ponder

Ponder: Slowing down enough and think carefully before drawing a conclusion.

Why is this helpful? Challenging long standing storylines that disrupt autopilot thinking

Bring back a common “belief” you keep saying or thinking below:

Top Ponder Filter Questions:

- *What story am I telling myself about this right now?*
- *Is that absolutely true?*
- *What else might be true?*
- *What might be a different way of looking at this?*
- *Who am I without this thought?*

What filter question do I want to begin using in the 60 second pause?

THE POWER OF THE PAUSE

The *stillpoint* practice



Filter #5: Pursue

To pursue: To seek and follow and to move with intention, on the quest for, what am I moving *towards*.

Fruits of the Spirit:
Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-Control

Top Pursue Filter Questions

- *Can I be patience with this process?*
- *What if there is no rush to respond in this moment? What if I have time?*
- *What's the kind way forward?*
- *What's good here?*
- *How can I be gentle with myself right now?*
- *How can I "X" return here for this moment ("X" insert: love, kindness, patience, joy, goodness, faithfulness, self-control etc)*

What filter question do I want to begin using in the 60 second pause?

Your *next* step

Between trigger and spiral; between what happens and your reaction...**pause.**

Insert a 60-second pause before responding.

For this 60 seconds, can I allow myself to breath slowly without changing, fixing or doing anything?

Consider the filters you have available: Write down the ones that resonated with you most; go out and begin to insert this practice into your life.

Come to group coaching or inquire about private coaching to work through your questions or process.