

Lord Nicolaus Dinter

mindfulness

advanced training

Content

wise mind

safety first

communication

Self - regulation

first aid

percption

Questions

Needs

skills—Skeleton

worthy of therapy

Mindfulness advanced training

*God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.
Amen.*

All of this things we do it daily, but we do it unawareness and it is time to do it awareness. To change our Live in a better way. If you want to get an easy way to live or a constructive way to take care of yourself to change your fundamental assumption positively, just learn to do this chapter. Mindfulness is not to stay in a system of your body, mindfulness is to find another idea. It is not to look at the problems of the past it is to stay in here and now.

**The past is history, the future is a
mystery and the present is a gift and
now.**

What You need is not what You want.
(before therapy)

In mindfulness, we try to find out, Who, What, How, and Where you are now, and what faith is in your future. About the future, you will find whole chapters. Your needs will find out by mindfulness, your wants to be made by your past. Without therapy, you can not see your needs, but these are the important part of your life.

All this way is not to become perfect, I know Borderliner loves to be but it is to be authentic. Your past will be a part of the character of your past, it could teach you to learn new things, by therapy. A Victim is the most using statement of life, but you can become a survivor and after that step, you become a recovery. Only a recovery can change the most in his life. Mindfulness is not to give you a mind, it is to give you awareness, to make you better, and give you a better future. - NOT PERFECT!

What you need is not what you want. You need time to find out, during therapy your need. But you can have a feeling of an idea of needs. If you not get what you need, you get out of balance and fix your mind on that what you want, without therapy. If your life is fixed in negative elements you fixed negative ideas and happenings as a feeling of home. Most victims develop a deep way to stay in the negative sides of life. It is a deep cut to change that way.

A victim holds on in negative behavior and self-harm. A survivor started to struggle for a better life but fallen back in states of victims. Only a recovered can manage the different kinds of life and decided clearly for his needs and positive sides of life.

A perpetrator (bad guy) victimize a victim by his strategies and ideas, and the victim followed him, in hope of changing him and finding a rescuer. A victim means to get control of situations by following a perpetrator, but this does not work in any kind. The difficulty is to find the way out and find the right ideas and behavior outside of a perpetrator.

This is the short form, it is only the inspiration of a way out, nothing more, the way of a victim out to a recovered is hard, harmful, and mostly, also as a recovered, in falling back in his timeline. No one can rescue you, not god, no rescuer, no one only your-self could go this way. If you find help in this way learn to accept them and learn the difference between real help and wrong prophets, only a person which has gone this way is able to help and of course a healthy society.

So this book is an inspiration of all possibilities and it is an idea to look at details. You must go your own way, but be careful it is a long way with contraflow, it is not a one-way ticket or a oneway. Sometimes you go one a step forward and two back but it is a way to have a better life.

This book could help you to find a way through Otto F. Kernberg concept of Transference-Focused-Psychotherapy , and for a better Life.

Wise mind

Marsha Linehan wrote in 1993 some think about minds and emotions. I try to give inspiration for this.

A wise mind is the part of our mind, where emotions, normally base in extreme situations emotions and feelings, and rational thoughts based together. We have more emotions than we recognize in extreme situations also rational thoughts (reasonable mind). The only one we recognize in this situation is a wise mind. This is a process that runs unconsciously. If we put it up to our consciousness we can work with it and change our behavior or our panic attacks. It takes time to train this.

Feelings are a part of the emotion. They are mostly a misunderstanding as emotion, but they are moods; like depression; sensations; like warmth, cold, pleasure, pain, comfort, discomfort; and psychological states; like hunger, and tiredness.

All the rest of recognizing are emotions that have a long-term system. Feelings are mostly a short-term system or go over by satisfaction. See also perception. You can change the rational mind and emotional mind, but this is a step-by-step system. In my praxis, I learn that is useful to fill the space in the rational mind and emotional mind, so as the world and environment, with the meanings and thoughts by clients. In my book about Borderline, I described stress, but not all influence us. Only the case of less money if you can not stay life for convalescence or stay isolated so that you have no chance to go or grow in Marslows pyramid. But our ground ideas influence a lot of spaces in our life.

We all live after this system, it is in the most time automatically but we must change our ground meaning or

wise mind to find a better life. The following exercise could you inspiration and help to change the wise mind or your life.

Emotional thoughts:

Based on our opinions, personal interpretation, the structure of our brain, validation, validation of events, or one event or person.

Here some questions:

What went through my mind?

What disturbed me?

What is it that is making me feel this way?

What am I react to?

What is the worst thing about it?

What is the worst thing that could be happened?

What do I want to do?

What happened?

What I am feeling?

Rational thoughts:

Based on factual evidence, learned in the past, education, culture, structure of our brain.

Here some questions:

What be more reasonable?

What am I thinking I should do?

What advice would I give a friend?

What a caring friend say to me?

Is this really as important as it seems?

What evidence is there about, what I think is likely to happen?

What are the facts?

I have felt it before?

What I have felt getting through it?

Wise mind:

It is the overlap of emotional thought and rational thoughts. It is determined by our Life. It is unconsciously and all humans work by this base. Of course, it is only a part of it all but the easiest to understand. Consciousness recognizing and working change a lot in our Life but it works only by 80%. I will write about the other determines in another work. Here some question to get influence to this overlap:

STOPP! - Take a breath! (Grounding)

What does a wise mind make of this overlap?

What is the bigger picture? (emotional thoughts or rational thoughts)

