

Siberian North Railroad (SBNRR): An emotional regulation technique

From Search Inside Yourself by Chade Meng Tan



Siberian North Railroad

1. Stop
2. Breathe
3. Notice
 - Where do I feel it in the body? Face, neck, shoulder, chest, back?
 - Tension/temperature?

- Experience it moment to moment without judging
- Experience as a physiological phenomenon and not an existential one
 - “I am angry” vs. “I experience anger in my body”

4. Reflect

- Where is the emotion coming from?
- Is there a history behind it?
- Is there a self-perceived inadequacy involved?
- If this involves another person, put yourself inside the other person looking out at you. Think about these statements:
 - Everybody wants to be happy
 - This person thinks that acting this way will make him happy, in some way
- Bring perspective without judging it to be right or wrong

5. Respond

- Bring to mind ways in which you might respond to this situation that would have a positive outcome.
 - You don’t actually have to do it -- just imagine the kindest, most positive response.