



# Composure *in the face of* Potentially Tense Situations: 7A

## ADVANCED TACTICAL COMPOSURE

Below we outline some of the ways in which the basic composure tactics can be used systematically in advanced composure training and preparing for potentially tense (or stressful) situations.

1. Preparing for an unusual or uncommon type of challenging situation
2. Building composure skills into a strength to help accomplish goals at work or home
3. To overcome issues with confidence, stress, anxiety and or frustration

### **The basic principles that build composure in the face of challenge**

- Regular composure (exercise) practice, 'offline' (before and after the situation)
- Practice turning up to (facing) the challenging situation, staying with it, self-composing during it and reflecting-on the situation afterwards (build composure and insight)
- Discreetly use your preferred composure tactics during the situation: things like subtle deep breathing, centering (grounding/gravity with the feet) here and now, self-instruction to 'just be here observing and not having to fix it straight way" and positive-self talk such as 'this is a moment in time, I don't have to fix anything, I can pause and take time to absorb this and come back to if I need advice'.

### **The mindset and objectives**

- To be able to face up to potentially tension-provoking situations, stay there, paying attention on purpose and NOT REACT (negatively).
- Getting through the situation, as composed as realistically possible, without being pressured: Composed posture, facial expressions body-language.
- To act according to our goals, values and objectives.
- Not needing to be perfect, emotionless or too detached, yet ready to be engaged, human and accepting - that some tension is both likely and manageable along the way.

## COMPOSURE PLANNING FOR KNOWN SITUATIONS – BEFORE, DURING AFTER

- Knowing what's coming up, to create a plan, buddy-system and time to practice composure tactics before, during and after the event.

## COMPOSURE COACHING (provided by registered professionals)

- With the guidance of a professional, tailoring the tactics to suit one's personality and situation, and offering a safe environment to explore and manager personal triggers, concerns and automatic thoughts in more depth. Counselling and therapy, can take the composure tactics and other evidence-based interventions to a level that can help people manage significant issues.
- Facing up to one's fears or challenging situations can be achieved with **advanced, graded composure and confidence training**, guided by a professional in a safe and controlled manner. Similar to systematic desensitization (graded exposure), you would determine a series of situations (easier to harder) to face up to and stay present, using composure tactics until your SUDs levels come down to comfortable, pre-determined levels. Repeated practice is used to build stamina and less emotional reactivity.