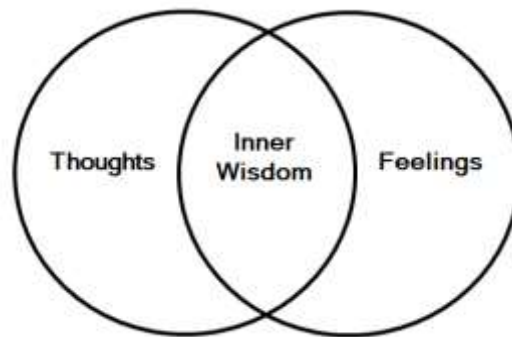


What If It's This Simple?

I'm feeling _____,
I'm thinking _____,
and what would be helpful for me is _____.

What if simply

- 1) becoming aware of my **feelings and thoughts**,
- 2) gives me access to my **inner wisdom**,
- 3) which can then guide me to **say and do** what would be most helpful for me, and for others, **wherever I am, whatever is happening?**



Awareness Skills. My inner wisdom would be the location of my "awareness skills."
I would practice awareness skills until they became automatic, or more automatic than my unhelpful patterns of feeling, thinking, saying, and doing.

1. Identification of feelings, thoughts, and the best of both = inner wisdom
2. Attention interruption through use of sensory experience
3. Attention management
4. **Volume control ←most important, according to research**
5. Differentiating between natural feelings and thought-born feelings
6. Thought-sorting into "helpful" and "unhelpful" categories
7. Self-hug: self-soothing, self-reassurance, supportive self-talk
8. Decision-making skills:
 - a. Radical acceptance of reality without judgment
 - b. Acknowledging opposites can both be true
 - c. Differentiating between fact and opinion
 - d. Cost-benefit analysis with rank ordering
9. Interpersonal skills:
 - a. Serving as a mirror while listening
 - b. Empathizing with others' feelings
 - c. Imagining and validating others' thoughts
 - d. Navigating conflict and negotiating resolution

