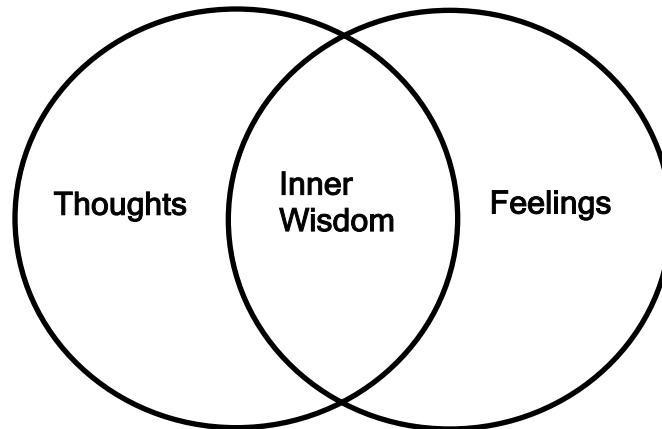


## Using Attention Skills to Increase Access to One's Inner Wisdom

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Using attention skills to become aware of one's feelings and thoughts offers access to one's inner wisdom. Inner wisdom is the location of the synergy created by an individual's humanity, reason, knowledge, skills, strategies, values, priorities, and highest intentions. Inner wisdom offers the ability to identify what would be helpful, realistic, beneficial, effective, and skillful for oneself, others, and the world.



<p><b>Intellectualizing</b> Thinking is used to avoid feeling. Access to inner wisdom is limited. Acknowledging feelings rebalances and releases access to inner wisdom.</p>	<p><b>Flooding</b> Unregulated feelings overwhelm thinking. Access to inner wisdom is limited. Identifying thoughts as beliefs vs. facts rebalances and releases access to inner wisdom.</p>
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