

Finding PEACE

A STEP-BY-STEP PROCESS FOR SHIFTING DIFFICULT EMOTIONS.

P=PAUSE

Simply stop everything and notice. Become an observer. Putting your full attention on your body and thoughts in the present moment in an open way.

E=ESTABLISH CLARITY

What's happening inside? What are you feeling? Name the emotion (mad, sad, scared, etc) and sensations (tight, heavy, tingly, etc.) you see. Connect to your present moment experience by repeating those words.

A=ACCEPT IT

Slowly begin to accept what is happening. Be with the truth of your situation. The focus stays on the body. Open to the sensations. Feel them. Let go of tension or resistance.

C=COMPASSION

Give kindness and understanding to yourself. Acknowledge how hard this moment is, like you might to a loved one. Say supportive things to yourself. (i.e. This will pass. You can handle it. It will be better.) Remember, all humans experience the exact emotions you are having now.

E=EVALUATE YOUR NEXT MOVE

Use questions to consciously choose next steps. For example, what do I need right now? What is this emotion telling me? What's most important to me now? How do I want to proceed?