Make the Shift

A. Notice

1. What emotion are you feeling? (Mad, sad, scared)

2: What are you thinking about?

3: Where do feel it in your body?

4: What is your self belief? (I am worthless, helpless, unlovable)

5: What behavior do you want to do? (withdraw, run away, seek out addiction, etc.)

6: Measure intensity of emotion (0-10).

B. Make the shift

7: a. Ground yourself 2x - Wiggle your toes, plant your feet, notice your seat and sink into it, feel chair touching and supporting your back, take a few deep and slow breaths, imagine pleasant scene.

B. Voo

C. Reduce

8: Watch your thoughts and say: "I’m thinking thoughts about....." (I can choose other thoughts)

9: Change the “should” messages to "I prefer". And change “never” and “always” to sometimes.

10: Think Positive Thoughts

11. Fulfill a Meaning

12. Re-measure intensity again.