

macros or beginner's mind?

resisting?

***Where in my body do I feel it? ...**

Label/Externalize the Thought/Emotion

What parts of me are talking?

“worry thought” “thought about my past”

“thought about my future”

“planning thought” “thought about [person]”

“overwhelmed feel” “sad feel”

“angry feel” “frightened feel”

? “fight” “flight” ?

? “past” “present” “future” ?

Physical Disruptors

- * Icy cold water head dunk
- * Intense exercise
- * Meditative breathing
- * Tense/release muscles head to toe
- * Pick a piece of work or BB to do

it's not your job to “fix” anything right now...

Feelin' Shitty Cheat Sheet

***What triggered it? ...**

am I in a space to introspect?

Introspection ?s

- * What is going on in my body— where do I feel this physically?
- * What parts of me are talking right now (externalize the experience and sensations)
- * What is the story being told right now?
- * What do I need right now?

You are allowed to feel this right now... and like all feelz, it will pass in time (you are not gonna “always” feel this way)

It's OK to just “be” with this monster exist with it ... sit with it

do I just want to feel bad right now?

judging?

***What do I need right now? ...**

? The Parts

- * Where did that part come from?
- * What does that part need to hear to feel better/heal?

? The Story

- * Is there self-compassion in this story?
- * What are other stories I could tell about this?
- * Is there a reframe that feels “right”?
- * How would you write/explain the story to a friend? (do it!)

How can I show myself compassion right now?...