

'ASK' Guidelines to practice Cognitive techniques and practice **Martial Readiness**

- **Cognitive Rehearsal:** Practice imagining successfully executing a self- defense scenario. Utilizing controlled breathing techniques and remain with focus and intention.
- **Cognitive Restructuring:** Process of learning to identify irrational or maladaptive thoughts and challenge the veracity by using logical disputation. Reprogramming disempowering self concepts.
- **Covert Desensitization:** Pairing relaxation techniques with imagined anxiety provoking images.