

## GUIDED PRACTICE OF THE HEAL METHOD (BRIEF VERSION)

At any time you feel hurt or anger over an unresolved grievance:

1. Bring your attention fully to your stomach as you slowly draw in and out 2 slow and deep breaths.
2. On the 3<sup>rd</sup> inhalation bring to your mind's eye an image of someone you love or of a beautiful scene in nature that fills you with awe and peace. Often people have a stronger response when they imagine their positive feelings are centered in the area around their heart. Continue to breathe slowly into and out of your belly.
3. Reflect on what you would have preferred to happen in this specific situation. Make a *Hope* statement that is personal, specific, and positive.
4. Then *Educate* yourself about the limitations in demanding things always work out the way you want.
5. *Affirm* your positive intention – the positive, long-term goal underneath the hope you had for this specific grievance.
6. Make a *Long-Term Commitment* to practice the HEAL method and follow your positive intention.