

Unpleasant or Reactionary Moments

Allow yourself to notice how you react to difficult moments. Noticing supports your self-awareness, and with time and practice, self awareness can lead to self-regulation (more choices in how you respond).

Note the following: 1) How do you feel in your body?, 2) What thoughts are you having? What feelings are arising? 4) What needs of yours are not being met?

Difficult moment facts:

What did you notice?

Difficult moment facts:

What did you notice?

Difficult moment facts:

What did you notice?

Any questions that arose as you were noticing what was coming up for you?