



To **Recognize** means, you are consciously acknowledging, the thoughts, feelings, and behaviors that are affecting you.

Allowing means letting the thoughts, emotions, feelings, or sensations you have recognized, simply be there. There is no shame or judgment in how you feel.

Investigating means calling on our natural curiosity—the desire to know truth—and directing a more focused attention to our present experience. Simply pausing to ask, what is happening inside me? Admire the feelings, emotions and thoughts.

Nurture - simply rest in natural awareness. Physically place your hand on your heart and tell yourself. “it is going to be okay.”