



Noticing and Naming

1. Pause & Notice - Take a slow breath. Tune in. What's showing up right now?

- Thoughts
- Feelings
- Body sensations
- Urges
- Stories your mind is telling

2. Name It Gently - Use language that allows space and room for whatever shows up.

- "I'm having the thought that..."
- "I'm feeling..."
- "I'm noticing a sensation of..."
- "My mind is telling me the story that..."

3. Check In With Your Body - Where do you feel this?

- Chest
- Stomach
- Jaw
- Shoulders
- Throat
- Somewhere else

4. Make Space - See if you can soften around the experience — even slightly.

- Can I breathe into this?
- Can I allow it to be here without fixing it?
- Can I hold it with kindness?

5. Reconnect With What Matters - What do you want to stand for in this moment?

Kindness

Honesty

Respect

Fairness

Self-care

Courage

Connection

Patience

One-Line Reminder - Notice what's here. Name it gently. Choose your next step.