



Thoughts Are Optional

Step 1: Practice The Pause

Once you have identified that something has gotten away from you, take a breath. Practice the Pause.

Step 2: Identify The Trigger

What is it that caused this reaction?

Step 3: Identify The Thoughts

What are my default thought patterns that automatically take over?

Step 4: Identify The Feelings

What emotions are coming up? How intense are they?

Step 5: Anchor New Thoughts To The Trigger

What is an alternate meaning you can provide to the event? What

Step 6: Revisit The Feeling

How does the intensity or quality of the feeling change after shifting thoughts?