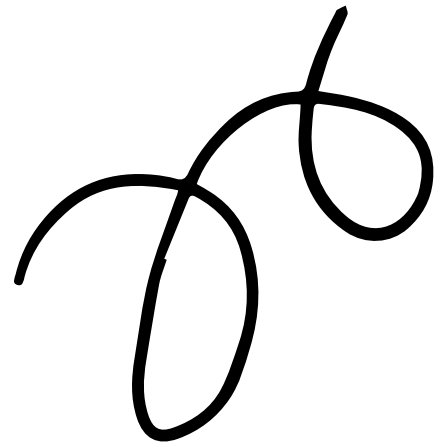


UNDERSTAND OUR METHOD



* N



Notice Your Thoughts - Stop and take a few breaths to get present. What is your internal voice saying? What is the conversation going on in your head? Observe the thoughts and try not to judge them.

* O



Observe and Name Your Feeling - What feeling is coming from your thoughts? Identify it with the Noble One Feelings Chart. Where do you notice a sensation in your body related to this feeling?

* B



Belief - What is the core belief surrounding or triggering your emotions? Is the story created in your mind true? Where did this belief come from? Do you want to change this belief? What different belief would you choose?

* L



Let it Be - Be compassionate, gentle, and non-judgmental with yourself. Accept the feelings and allow them to be there with awareness and presence. Try not to judge or escape the feelings.

* E



Express Your Needs - Describe the feeling(s) you are experiencing. State what you need for yourself or from someone else. Ex: I need to... talk with a friend or family member, physical activity, time alone, a hug, journaling, etc.