

## ***Practice***

1. Think of a recent time when you were feeling under stress. How did you respond?

How did that response bolster a programmed, habitual pattern?

When stressed we tend to blame our problems on others. In what way did you do that?

2. We've already mentioned the normal human tendency to ignore or try to overcome difficult feelings. Because change requires bringing forth aspects of yourself that may have been under cover for a long time, we're asking you to counter that desire to run. You can stay present without fearing you'll self-destruct by finding new ways to experience difficult emotions. For example, bring to mind a recent troubling situation and re-live your reaction while following these steps:
  - 1) Notice where in your body you experience the sensation.
  - 2) Exaggerate that physical sensation and describe it; for instance, "It's like my guts are being torn apart by rabid dogs...."
  - 3) As you continue to exaggerate the sensation, ask yourself if this description captures the sensation exactly, or if there's a better fit, such as "No, it's more like I'm about to fly apart...."
  - 4) Continue exaggerating the sensation and trying on descriptive phrases until you *know* the fit is right.

This process is healing because it reframes your emotions, captures your curiosity instead of your anxiety, and helps you stay with sensations long enough to interrupt the pattern of rushing past difficult feelings. In addition, following these steps will signal your unconscious mind that you're ready to bring new material to consciousness.