

SNAPPING Unskillful Habit Loops Practice[©]

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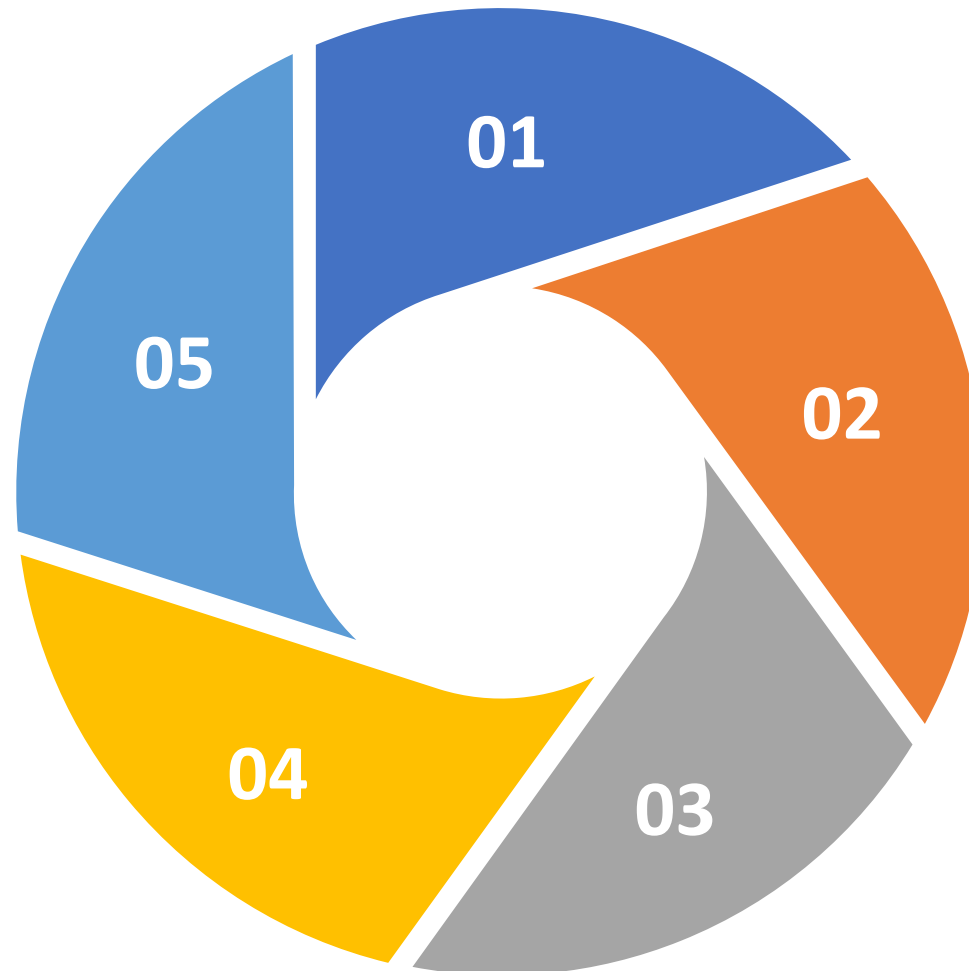


Prompt Possibility

by wondering what skillful perspective or action fits with what matters and what works, what resonates, in this moment

Penetrate

down through all that you are experiencing with slow, deep belly breaths, as if breathing in bright light or a "sword" of awareness



Stop

what you're doing when you're triggered and / or caught in reactive, unskillful emotions and behavior

Notice

what is going on in your bodily sensations and mental experience. Pay attention with kind, spacious awareness

Allow

the experience to be there in your body and mind, just as it is without pushing or pulling at it