



PRACTICE SOME TLC



SITUATION (incoming data) _____

practice awareness

THOUGHTS (beliefs) _____

INTERPRETATION (meaning)

REFRAME INTERPRETATION (with TAP)

accept

EMOTION (feeling)

YES

*accurate?
empowering?*

NO



EMOTION (feeling)

avoid or embrace?

CHOICES & RESPONSE

CHOICES & RESPONSE

intentional

OUTCOMES (evidence)

OUTCOMES (evidence)

