

R

Recognize

What is happening right now?

Thought / Feeling / Memory

What am I feeling in my body?



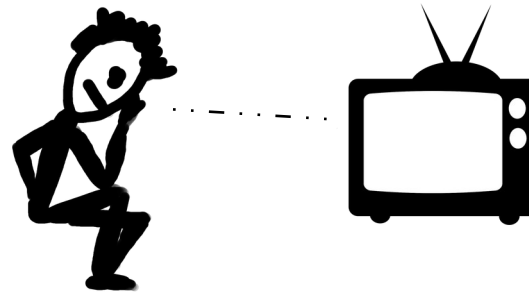
Name it

A

Assess

Am I saying Yes or No to this?

Sit and simply observe for 15 seconds



I

Investigate

What am I longing for?

What is the function of this experience?

Where is this experience trying to lead me?

What is this experience trying to tell me?

N

Nurture

What is the kind thing I can do in this moment?

Words: _____

Actions: _____