

Recognize Accept Investigate Non-identify

DIFFICULT MIND STATE ARISES

Recognize

[Focus attention on the breath.
Soften the body.]

Accept

Investigate

Non-identify

Intervene Cognitive:

- What am I thinking?
- Is it 100% true?
- What experience tells me it's not completely true?
- What feelings do these thoughts stimulate?
- Any thinking errors?
- What will happen if I keep thinking this harmful thought?

Behavioral:

- Change the channel of the mind by changing behavior
- Do something pleasant
- Do some activity that involves repetitive hand movements
- Pick an activity that will hold your attention
- Talk to a wise person

Counter Intuitive:

If you fight anxiety it always fights back and always wins

Mindfulness:

- Drop the story
- Observe and name sensations, feelings
- Notice resistance
- Go back to the body
- The body is refuge
- Hang on to it
- The body is safer than the mind
- The mind is not always trustworthy
- The body is your anchor

Non-identify:

With thought.
Thoughts are not facts. Thoughts are self.