

Observation and Acceptance

By taking a step back from an experience or stressor, you gain a perspective that can allow you to disconnect from it and simply observe without judgment. When you are able to do this, you neutralize the intensity of it.

Below, write inside the 'bursts,' some of the things that are causing you angst, worry, or pain at this time. In this way, you are putting these stressors outside of yourself — separating them — so that you can *choose* how much impact they truly have on you — *and* whether or not you *need* to own them at all.

Draw a connecting line from you to the 'experience burst' that represents your choice about how you want to interact with it. There are many ways that you can associate with these stressors. Use a heavy line to indicate a strong connection; a thin line for a light connection; a dotted line to show that sometimes you may interact with it, but not own it; or no line at all, which indicates that you are ready to release this stressor completely.

- ● ● ● ● intermittent connection
- light connection
- strong connection

