

W what's going on? What is the trigger, event? why? What? Who? write it all down

H Happening! Notice your body, what do you feel? Where do you feel - body sensations! What are you thinking!

A Allow the thoughts, feeling, emotions to be there. Sit with them. Explore more.

t Thoughts are not facts, let them float away! See them as a clouds.

Let it go.....

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