



The 3-Step Restart Technique

Find it

Feel it

Free it

Step 1, Find it: Take three nice deep cleansing breaths, and after the third breath, close your eyes. Allow yourself to go inside and feel the sensations, thoughts, and images going on. Find the most prominent one.

Step 2, Feel it: Feel where this prominent thought, image, or sensation is inside your body. Notice where it shows up on your body.

Step 3, Free it: Extend gratitude to the part that is showing up by thanking it for trying to help you in some way, even if you don't understand it or agree with it. Ask that part to relax just a little so you can begin to focus on the present moment (noticing your position in the chair that you're sitting in, the smell of the air, the sounds around you, etc.). Then, open your eyes and feel entirely focused on the world around you and the tasks in front of you.



You can also access the audio file from www.inneracceptance.com for a richer experience with the RISE technique.