Releasing Negative Thoughts

Recognize	Allow	Investigate	Nurture
Name the feeling. Ask: What am I feeling? What is going on in my body?	Allow the discomfort. Ask: Can I sit with this? Can I be present with what is coming up for me?	Release judgement. Ask: What am I telling myself this means? Am I trying to predict the future?	Remind yourself you're not alone. Ask: Can I feel connected to others in a similar situation?

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