



1b) Reduce negative thoughts and feelings associated with the situation

Once again visualize the situation that you feel resistance to. Now use your will, to stay there in your mind. Recognize that it's in your mind and it can't really hurt you even though you feel the pain and anxiety. Use feelings of positive self-worth for facing this situation with self-compassion.

Dwell on these feelings as best you can. Don't worry if it's difficult to stay positive, this will get easier over time. Write down your feelings and thoughts about the exercise.

Repeat this mental and emotional exercise every day for a week before moving to the next step. Depending on the level of emotional pain and resistance each step may take time, be patient.

2) Analyze our feelings, what they are, and where they come from

Take a consequential analysis form and use it to direct more attention to your particular situation. The form will help you to establish greater insight into what you're feeling, the consequence of not changing and the consequence of changing. Review the form each day to help reinforce your motivation to balance your emotions and reduce stress, anxiety, or depression in regards to a particular resistance.

3a) Approach situation

Once you can think about a situation or circumstance and not get over stressed, we can move on to the next step, approaching the situation. This doesn't mean that you will be completely stress free moving to the next step. It means that you can deal with the stress in a functional way; you're not in a state of high anger or anxiety, panic, or depression.

The situation we are resisting may be a person, place, a conversation, or our own arrogance, self-centeredness, anger, aggression, passiveness, anxiety, depression, or a personality disorder. Approaching the situation means that we move closer to the situation; to our situation.

- We can plan to speak to someone we are having difficulty speaking to about a certain topic.
- We can begin to admitting one of our emotional issues.