

What do I do that keeps me stuck?

5 senses experiencing

What can I do to move closer to who and what is important to me?

Away

Forward

Me Noticing

What thoughts, feelings, memories, physical sensations, urges keep me stuck?

Inner experiencing

What and Who is Important?

play on my phone all day, stay in my room, think about the past

5 senses experiencing

write out thoughts and feelings, self-compassion, exercise, eat healthy, open communication with spouse, completing tasks

Me Noticing

Regrets, self-critical thoughts, "I'm a bad person", self doubt, disappointment in self

Inner Experiencing

kindness, loving, teaching, role model, fitness, productivity,

Away

Forward