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Better Ending New Beginnings – 2008
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WISE MIND . . . TEARS IN YOUR EYES FROM TEARS IN YOUR HEART.

TROUBLE
Use WISE MIND to inspect the trouble.

EMOTIONS
Your are more than your emotion.

Unstick it.
Do not hang on.
Do not rehearse.

Step back
Emotions are real and valid but can get in the way.

ALERT - ATTACK
Accept the reality.

Ride the wave of the experience.

REMEMBER
You are not your emotion.

SUFFERING
You have survived many other troubles.

Take one second, minute, hour, at a time.

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**WISE MIND . . . Your emotions are not you - you are not your emotions.**

<table>
<thead>
<tr>
<th>CALM</th>
<th>HALF SMILE</th>
<th>OPEN</th>
<th>INVITE</th>
<th>COURAGE</th>
<th>EMOTIONAL LOVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Settle yourself.</td>
<td>How are your feeling?</td>
<td>Your heart to options.</td>
<td>Understanding.</td>
<td>Know who you are.</td>
<td>Practice loving your emotions.</td>
</tr>
<tr>
<td>Breath easy.</td>
<td>Bring up the happy energy.</td>
<td></td>
<td>Do not rile up.</td>
<td>Change or charge.</td>
<td></td>
</tr>
<tr>
<td>Take a walk.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Let Go

Love Yourself

Do something nice for you.

Emotion Check Up

How is your engine running?

Truth of Situation

Face the truth.

Give Your Pain to Higher Power

Pray.

Open New Options

Be open to new ideas, activities & change.

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**ACTIVITIES**

Make a list of things you like or want to do.

- Fun
- Active
- Safe
- Easy

**CONTRIBUTE**

Volunteer.

- Do something nice for someone.

**COMPARE**

To last year.

- Other's suffering.

- Two year dream.

**EMOTIONS**

Think opposite of how you feel.

- Watch a funny movie.

**PUSH AWAY**

Build an imaginary wall between you and the situation.

- It's a worry.
- It's a problem.
- Know it but don't own it.

**TRICK A THOUGHT**

Count to ten, list colors, count stars in sky.

- Do a puzzle, crossword, maze, read, sudoku, colorbook, watch TV.

**SENSATIONS**

Self soothe

- Ride bike, jog, walk, exercise.

- Suck on ice, lemon.

- Take a bath, shower.

- Squeeze a ball.

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**IMAGERY**
Relaxing place to drain the hurt out of your toes.
Imagine how you can cope well.
Soldiers fighting & winning

**MEANING**
Focus on whatever remains positive in the moment.
Find one good thing that may happen because of present.

**PRAYER**
Open your heart to greater wisdom.
Ask for strength.
Walk, talk, kneel, write pray.

**RELAX**
Half smile and breath into your heart.
Listen to a relaxing music.
Take a bath or shower.
Massage hands or feet.

**ONE THING AT A TIME**
Focus on what your body is doing.
Stay in the present moment.
Let go of fear and worry of the future.

**VACATION**
Take a short nap.
Turn off the phone.
Cuddle with tea and a magazine.
Take a one hour breather.

**ENCOURAGE**
I can do it.
I’m OK.
This won’t last forever.
I can make it out of this.
I am doing the best I can.

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WISE MIND . . .

GIVE

GENTLE
Avoid attacks or judgements.

Don’t make threats.

Stay in the discussion even if it gets painful and exit gracefully.

No putdowns in voice or body language.

INTEREST
Share time.

Be patient.

Listen to what person has to say.

No guilt trips.

VALUE
Try to find out what the problem is.

Do not judge other person’s truth

___ wants

___ feelings

___ needs

___ opinions

of situation

EASY DOES IT
Be light hearted.

Use kind humor.

Ease person along, people do not like being pushed, bullied or made to feel guilty.

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