

## Using the What Skills:

### Observe

Just notice the experience

Have a “Teflon Mind”

Control your mind — Clinging to nothing

Be alert to every thought, feeling and action that comes through your mind — Do not react

Step inside yourself and observe — Thoughts, feelings as they rise and fall and change — Just watch the patterns.

Notice what comes through your senses — your eyes, nose, ears, skin, and tongue. Observe other’s actions and expressions.

### Describe

Put words on the experience — names feelings, sensations, and what is happening.

Put experiences into words — Describe to yourself what is happening. Put a name to your feelings — Call a thought a thought — Don’t get caught in content.

### Participate

Let yourself get involved in the moment — letting go of thinking.

**BECOME ONE WITH YOUR EXPERIENCE — COMPLETELY FORGETTING YOURSELF**

Act intuitively

Actively practice your skills without self-consciousness

#### Practice:

- 1.) Changing harmful situations
- 2.) Changing your harmful reactions to situations
- 3.) Accepting yourself and the situation as they are

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