**Think of a recent struggle you had or are having.**

**Acknowledge**

* What is the truth of the situation?
* Right, wrong, good, or bad – what can you name is happening or has happened?

**Honor**

* When you acknowledge the truth of the situation, what emotions come up for you?
* Make space for the full range of human emotions.
* We often feel more than one emotion in a situation – name as many as you can feel.
* How do you want to honor that you are feeling what you are feeling (share with a trusted other, artistically express, physical expression and release, verbal expression, journaling, etc)

**Release**

* How do you know when it would be a good idea to release out of this current experience?
* Is how you are processing good for you over time?
* Are you grounded and at your best?
* What are you making up with your human gifts, right now?
* Are you in alignment with your core values?
* Writer a permission slip for yourself, allowing you to release.

**Relax**

* Grounding practices
* Mindfulness Practice
* Rest and Awake Mental Rest
* Self-Empathy: Comforting language and soothing touch
* Empathy from others
* Do some practices – Notice any shifts (review mapping your stress response video)

**Reflect**

* What is the most loving thing I can do for myself?
* What are my core values in this area?
* Who do I want to be, and how do I want to move forward
* Do I need to circle back around

**Resolve**

* What value guided action seems wise
* How can I hold myself lovingly accountable to take value guided action **(Repeat)**
* Release attachment to the outcome

ACKNOWLEDGE

HONOR

RELEASE

RELAX

REFLECT

RESOLVE