

### Dropping through high energy moments:

- 1) Listen to your words- to your outer talk/ranting or raving. By doing this you are training yourself for the next step:
- 2) Listen to what you are saying to yourself – your self-talk. You discover the passageway to your:
- 3) **Thoughts.** By recognizing your thoughts you an begin to trace them to your
- 4) **Feelings.** (*Feelings are the place to begin the process of INOWT*) which triggered the thoughts in the first place and that point the way to your unmet:
- 5) **Need/Desire.** Identify what you had wanted out of the situation/ interaction ie) What was important for you. This will give you the clues to taking:
- 6) **Action** is the ability to respond. (response-ability). Imagine taking an action & see how it feels, then imagine other actions. Play with this. Breath and watch. You will discover what you need to do that will transform (-) feelings to (+).

### Dropping through high energy moments:

- 1) Listen to your words- to your outer talk/ranting or raving. By doing this you are training yourself for the next step:
- 2) Listen to what you are saying to yourself – your self-talk. You discover the passageway to your:
- 3) **Thoughts.** By recognizing your thoughts you an begin to trace them to your
- 4) **Feelings.** (*Feelings are the place to begin the process of INOWT*) which triggered the thoughts in the first place and that point the way to your unmet:
- 5) **Need/Desire.** Identify what you had wanted out of the situation/ interaction ie) What was important for you. This will give you the clues to taking:
- 6) **Action** is the ability to respond. (Response-ability). Imagine taking an action and see how it feels, then imagine other actions. Play with this. Breath and watch. You will discover what you need to do that will transform (-) feelings to (+).

### Dropping through high energy moments:

- 1) Listen to your words- to your outer talk/ranting or raving. By doing this you are training yourself for the next step:
- 2) Listen to what you are saying to yourself – your self-talk. You discover the passageway to your:
- 3) **Thoughts.** By recognizing your thoughts you an begin to trace them to your
- 4) **Feelings.** (*Feelings are the place to begin INOWT*) which triggered the thoughts in the first place and that point the way to your unmet:
- 5) **Need/Desire.** Identify what you had wanted out of the situation/ interaction ie) What was important for you. This will give you the clues to taking:
- 6) **Action** is the ability to respond. (Response-ability). Imagine taking an action and see how it feels, then imagine other actions. Play with this. Breath and watch. You will discover what you need to do that will transform (-) feelings to (+).

### Dropping through high energy moments:

- 1) Listen to your words- to your outer talk/ranting or raving. By doing this you are training yourself for the next step:
- 2) Listen to what you are saying to yourself – your self-talk. You discover the passageway to your:
- 3) **Thoughts.** By recognizing your thoughts you an begin to trace them to your
- 4) **Feelings.** (*Feelings are the place to begin the process of INOWT*) which triggered the thoughts in the first place and that point the way to your unmet:
- 5) **Need/Desire.** Identify what you had wanted out of the situation/ interaction ie) What was important for you. This will give you the clues to taking:
- 6) **Action** is the ability to respond. (Response-ability). Imagine taking an action and see how it feels, then imagine other actions. Play with this. Breath and watch. You will discover what you need to do that will transform (-) feelings to (+).

I.N.O.W.T. : **I**mmerse. **N**otice. **O**wn. **W**illingness to play. **T**rust.

- **Immerse.** Use your feelings as the focus. Immerse yourself in them. Breathe.
- **Notice:** Accept, honour and trust your feelings. Breathe.
- **Own:** These are your feelings/images, own them and accept them.
- **Willingness to Play** Breathe and allow your inner wisdom to guide you.
- **Trust.** Trust your inner wisdom. Write it down. Develop a corresponding Action.

**Use self-dialoguing to help you process your experience.**

1. If your image could speak, what would it tell you?.
2. Ask your image anything that comes to mind. if you have difficulty –  
Use your dominant hand to ask the question and non dominant to answer

I.N.O.W.T. : **I**mmerse. **N**otice. **O**wn. **W**illingness to play. **T**rust.

- **Immerse.** Use your feelings as the focus. Immerse yourself in them. Breathe.
- **Notice:** Accept, honour and trust your feelings. Breathe.
- **Own:** These are your feelings/images, own them and accept them.
- **Willingness to Play** Breathe and allow your inner wisdom to guide you.
- **Trust.** Trust your inner wisdom. Write it down. Develop a corresponding Action.

**Use self-dialoguing to help you process your experience.**

- If your image could speak, what would it tell you?.
- Ask your image anything that comes to mind. if you have difficulty –  
Use your dominant hand to ask the question and non dominant to answer

I.N.O.W.T. : **I**mmerse. **N**otice. **O**wn. **W**illingness to play. **T**rust.

- **Immerse.** Use your feelings as the focus. Immerse yourself in them. Breathe.
- **Notice:** Accept, honour and trust your feelings. Breathe.
- **Own:** These are your feelings/images, own them and accept them.
- **Willingness to Play** Breathe and allow your inner wisdom to guide you.
- **Trust.** Trust your inner wisdom. Write it down. Develop a corresponding Action.

**Use self-dialoguing to help you process your experience.**

- If your image could speak, what would it tell you?.
- Ask your image anything that comes to mind. if you have difficulty –  
Use your dominant hand to ask the question and non dominant to answer

I.N.O.W.T. : **I**mmerse. **N**otice. **O**wn. **W**illingness to play. **T**rust.

- **Immerse.** Use your feelings as the focus. Immerse yourself in them. Breathe.
- **Notice:** Accept, honour and trust your feelings. Breathe.
- **Own:** These are your feelings/images, own them and accept them.
- **Willingness to Play** Breathe and allow your inner wisdom to guide you.
- **Trust.** Trust your inner wisdom. Write it down. Develop a corresponding Action.

**Use self-dialoguing to help you process your experience.**

- If your image could speak, what would it tell you?.
- Ask your image anything that comes to mind. if you have difficulty –  
Use your dominant hand to ask the question and non dominant to answer