



TRANSFORMING

Self-Defeating Narratives

For those who use writing to process and gain insight, here's a worksheet you can print copies of to pull out any time you feel distressed and want to use **The 3-1-2 Practice**.

3rd person: Witness Phase. Name the experience by giving it a title in 3rd person.

1st person: Interoceptive Phase. Ask how this feels in the body. Notice any unmet need. Note the quality of separateness. Describe what you feel in 1st person.

2nd person: Encouragement/Empowerment Phase. Move into your wise inner knowing, and ask the being what would truly help alleviate the suffering? Write to yourself with those exact reassurances in 2nd person.

Let those reassurances into the body, and feel the "I" experience relax or transform.

© Kelly Blaser 2021, all rights reserved



GENERATING

Self-Acceptance, Courage, and Presence