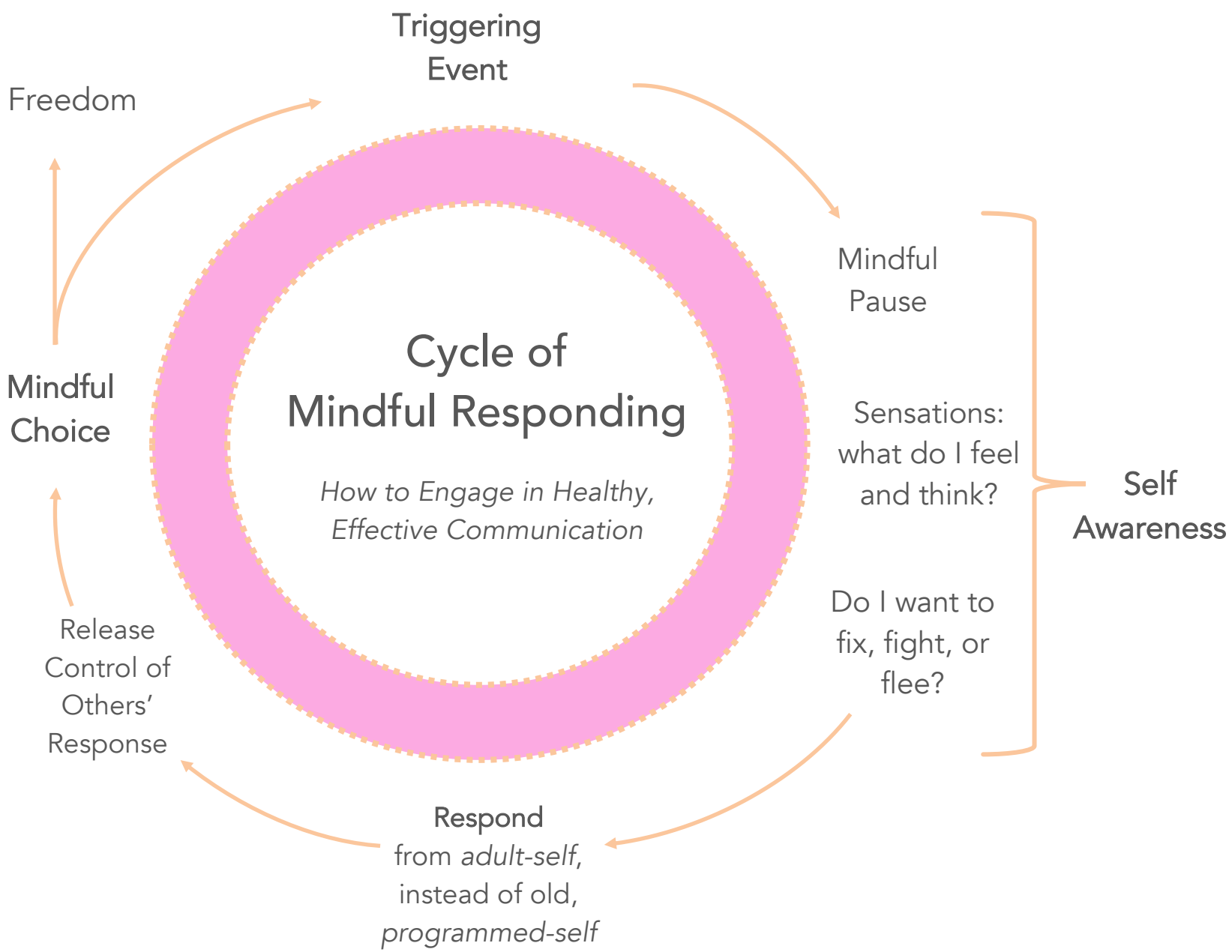
Triggering Event
Mindful Pause
Sensations: what do I feel and think?
Do I want to fix, fight, or flee?
Self Awareness
Respond from *adult-self*, instead of old, *programmed-self*
Release Control of Others' Response
Mindful Choice
Freedom
Cycle of Mindful Responding
How to Engage in Healthy, Effective Communication

Dr. Nae