

ABC Daily Action Guide

Please Note: If you feel stuck or are not "getting" a step, continue practicing until you feel comfortable with that step, before moving on to the next step. Move at your own pace. Some steps may come easy for you and some may be very challenging. Remember you may have years or even decades of emotional repression and it could take a while to unwind these patterns. Be patient!

Level One - Day One: 3 times today, for about ten minutes each time.

1. Make sure you're in a **safe environment**. This means that no one (including you) is going to hurt you verbally or physically as you explore the following steps.
2. While seated in a chair or on the floor, **take a few deep breaths into your belly** allowing your belly to expand with your in-breath. This will keep you conscious and aware of your body.
3. While continuing to breathe, place an ice cube on your arm. **Notice the feeling, the sensation on your skin**. What does it feel like? Play around with pulling the ice cube off and putting it back on for different amounts of time. Take note of your awareness as you'll **write it down for later observation**.
4. **Notice the judgements** you may have around the feeling of the ice cube on your skin. This is just the voice of the Judge.
Notice any stories you may have around the feeling of the ice cube on your skin. This is just the voice of the Storyteller.
Notice the beliefs you may have around the feeling of the ice cube on your skin. This is just the voice of the Beliefs.
5. After you're finished, **write down your awareness** in your journal, then put your notes aside until your next practice.
6. On your third and last practice for the day you'll **compare your notes** from all three practices and just notice whatever you notice about the entire process.

Level One - Day Two: 3 times today, for about ten minutes each time.

1. Make sure you're in a **safe environment**. This means that no one (including you) is going to hurt you verbally or physically as you explore the following steps.
2. Take a **few deep breaths into your belly** allowing your belly to expand with your in-breath. This will keep you conscious and aware of your body.
3. Go outside in your bare feet and begin walking on the grass. **What kind of sensations do you feel on your feet?** Play around with stepping on and off the grass noticing everything you can about the sensations.
4. **Notice the judgements** you may have around the feeling of the grass on and off your feet. This is just the voice of the Judge.

Notice any stories you may have around the feeling of the grass on and off your feet. This is just the voice of the Storyteller.

Notice the beliefs you may have around the feeling of the grass on and off your feet. This is just the voice of the Beliefs.

5. After you're finished each time, **write down your awareness** in your journal and then put your notes aside until your next practice.
6. On your third and last practice for the day you'll **compare your notes** from all three practices and just notice whatever you notice about the entire process.

Suggestions for changing up step 3:

- if it's a windy day, feel the wind on your face, then on your chest, then on your feet, then on your legs. Or if it's a sunny day feel the sun on your face, your chest, your feet, your legs
- petting or rubbing against your dog or cat, feeling their fur on your hands and skin. Also try petting the pet with your non-dominant hand and notice the difference
- run a feather up and down your skin, then do it against your wet skin, then the bottoms of your feet and more
- lay on carpet and move your body, feeling the pressure and texture of it on the different parts of your body
- come up with your own unique version of step three- get creative!

Level Two - Day Three: 3-5 times today, for about ten minutes each time.

1. Take a **few deep breaths** allowing your belly to expand with your in-breath.
2. Close your eyes and **scan the inside of your body**. **Notice** if you are cold, or warm or somewhere in between. Also notice what specific parts of your body are cold or warm. **Let your attention rest on those sensations** for about 1 minute, noticing anything you can about them.
3. Notice if your body is tired or energized. Also notice what specific parts of your body are tired or energized. Remember to **breathe deeply through the entire practice**.
4. **Notice any judgements, stories, or beliefs** you may have about these sensations. Remember this is just the voice of the Judge, Storyteller and Beliefs.

Remember to **journal about each experience** and **compare notes** at the end of the day.

Level Two - Day Four: 3-5 times today, for about ten minutes each time.

1. Take a few deep breaths allowing your belly to expand with your in-breath.
2. Close your eyes and **scan the inside of your body noticing any and all sensation that is currently present**. You may notice a heaviness or tightness. You may notice a tingly sensation or a pressure sensation. You may notice the difference between how your right hand feels compared to your left hand. You may feel tension or pain in one part of your body, but relaxation in another. Just **notice what you notice, allowing it to be exactly as it is**. Remember to **breathe deeply through the entire practice**.
3. **Next, notice any judgements, stories or beliefs** you may have about any of these sensations. Remember this is just the voice of the Judge, Storyteller and/or Beliefs.

Remember to **journal about each experience** and **compare notes** at the end of the day.

Level Three - Day Five: 3 times today, for about ten minutes each time.

1. Close your eyes and **scan the inside of your body. Start your scan by looking at the fear zones**, by noticing any and all sensation such as tingles in your tummy (often referred to as butterflies), or you could also notice tightness, heaviness or discomfort in your face, throat or chest. Remember to **breathe deeply through the entire practice**, and I want you to **stay with each sensation for about ten seconds**.
2. Now **bring your awareness to your anger zones**. Notice any sensation of heaviness, tightness, twisting or discomfort in the area of your head, jaw, neck, shoulders, arms, upper torso or upper back. Just notice what you notice, **allowing it to be exactly as it is**. Stay present with everything you feel for at least ten seconds.
3. Now **bring your awareness to your sadness zones**. Are there any sensations such as a heaviness, tightness or discomfort in your face, throat, chest or perhaps your stomach area? Again, stay with each sensation for about ten seconds.
4. Now **bring your awareness to your erotic zones**. You could feel sensation of tingles, spaciousness, pulling or longing throughout your body- does it feel like passion or creativity? Notice specifically what you feel, and where you feel these sensations. Or is it throughout your whole body? If it's sexual- notice, it will most likely be in your pelvis. Stay with each sensation for about ten seconds.
5. And finally, **bring your awareness to your joy zones** which exists in your entire body. Do you notice pleasurable sensations such as tingles, spaciousness, and lightness in specific places, or throughout? Or, do you have emotional or physical pain in specific places, or possibly throughout? Stay with each sensation for about ten seconds.
6. **Notice any and all judgement, stories or beliefs** you may have to any of these sensations, and **allow yourself to just notice and nothing more**.

Remember to **journal about each experience** and **compare notes** at the end of the day.

Level Three - Day Six: 3 times today, for about ten minutes each time.

1. Close your eyes and **scan the inside of your body. Start your scan by looking at the fear zones**, by noticing any and all sensation such as tingles in the tummy (often referred to as butterflies), or you could also notice tightness, heaviness or discomfort in your face, throat or chest. **Stay present with each sensation for about ten seconds, and breath into it deeply.**
2. Now **bring your awareness to your anger zones**. Notice any sensation of heaviness, tightness, twisting or discomfort in the area of your head, jaw, neck, shoulders, arms, upper torso or upper back. Just notice what you notice, allowing it to be exactly as it is. Stay present with everything you feel for at least ten seconds, and **breath into it deeply**.
3. Now **bring your awareness to your sadness zones**. Are there any sensations such a heaviness, tightness or discomfort in your face, throat, chest or perhaps your stomach area? Again, stay with each sensation for about ten seconds, and **breath into it deeply**.
4. Now **bring your awareness to your erotic zones**. You could feel sensation of tingles, spaciousness, pulling or longing throughout your body- does it feel like passion or creativity? Notice specifically where you feel these sensations, or is it throughout your whole body? If it's sexual- notice it will most likely be in your pelvis. Stay with each sensation for about ten seconds, and **breath into it deeply**.
5. And finally **bring your awareness to your joy zones** which exists in your entire body. Do you notice pleasurable sensations such as tingles, spaciousness, and lightness in specific places, or throughout? Or, do you have emotional or physical pain in specific places, or, possibly throughout? Stay with each sensation for about ten seconds, and **breath into it deeply**.
6. **Notice any and all judgement, stories or beliefs** you may have to any of these sensations, and allow yourself to just notice and nothing more.

Remember to **journal about each experience** and **compare notes** at the end of the day.

Level Four - Day Seven: 3 times today, for about ten minutes each time.

1. Close your eyes and **scan the inside of your body**. Start your scan by **looking at your fear zones**. Remember to **breathe deeply** through the entire practice. I want you to **first feel your fear for about ten seconds, and then I want you to BE that fear for about ten seconds**. Just do the best you can, **and notice the difference**.
2. Now **bring your awareness to your anger zones**. Remember to breathe deeply through the entire practice. I want you to first feel your anger for about ten seconds, and then I want you to BE that anger for about ten seconds.
3. **Now bring your awareness to your sadness zones**. Remember to breathe deeply through the entire practice. I want you to first feel your sadness for about ten seconds, and then I want you to BE that sadness for about ten seconds.
4. Now **bring your awareness to your erotic zones**. Remember to breathe deeply through the entire practice. I want you to first feel your erotic feelings for about ten seconds, and then I want you to BE those erotic feelings for about ten seconds. Do the same with your feelings of sexuality.

5. And finally **bring your awareness to your joy zones** which exists in your entire body. Remember to breathe deeply through the entire practice. I want you to first feel your joy for about ten seconds, and then I want you to BE that joy for about ten seconds.
6. **Notice any and all judgement, stories or beliefs** you may have to any of these experiences, and allow yourself to just notice and nothing more.

Remember to **journal about each experience** and **compare notes** at the end of the day.