

Freedom Cycle

Releasing the Grip of the Inner Critic



Awareness

Noticing that something is happening in your body, such as tingling, feeling hot/cold, vibration, tightening, etc.



Pause

Stop and take as many deep breaths as necessary to calm yourself. Breathing will create space between what is happening and you in this moment.



Curiosity

Get curious about what's happening. Ask yourself:

- What is this? (name it)
- What are my choices?



Just Be

Call the feeling's name and say "Okay", to accept what you're feeling and welcome it as a part of you right now.