

SRT Development

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1- Practice Here & Now

Intentionally, deep breathing, calming left nostril breathing, any other relaxation modality – be mindful of your presence in the moment

2- Identify Issue of Concern

Become aware of a challenging situation, difficult encounter or any situation you are not completely satisfied with

3- Observe, Examine, Stop Auto-Pilot

Observe and examine existing issue from all angles without judgment, doubt and question your own assumptions and perspectives

4- Distraction

Observe other thoughts when your mind wanders without judgement, take a deep breath and refocus on the issue in question

5- Learn from the Experience by Reflecting on it

Look at the situation with new lenses by reframing the situation and considering other perspectives

6- Experiment and Apply New Perspective

Practice novel questioning and be mindful of how you would want the situation to be. Take a deep breath, hold and release with a sigh of relief. Hold such feeling and embrace the new perspective

7- Repeat and Replay Mentally

Inserting a new habit into the subconscious mind may take weeks to few months