



## **Principle One, Lesson Four**

# Play the P.A.R.T.

- **P:** Recognize Prompts
  - **A:** Ask & Accept
    - **R:** Respond
      - **T:** Talk

# Prompts

- The present moment.
- Triggers
- The moment before a choice is made
- Obvious: *opening the fridge*
- Subtle: *feelings, shame-based thoughts*
- Times of day, certain people

# Ask & Accept

Becoming aware of  
- and acknowledging -  
what's true for us

(Feelings)

# Respond

- Taking action in the most caring way we can in that moment, in light of what's true for us

**Caring action does not  
involve harm - *ever*.**

# Talk

- Speak of ourselves & our efforts with respect
- Avoid self-insulting, self-degrading, and listing faults and flaws
- Talk up the good
- Let ourselves be enthusiastic & proud

Best done in a network of support  
(ie, The Klatch)