

# PRINCIPLE ONE

## Prompts

As your Principles practice deepens, you will recognize the present moment - any moment - as a Prompt to play the PART. For now, work on becoming more mindful of triggers - those thoughts and/or scenarios that historically fuel self-sabotage, shame, and/or stress - all of which are opportunities to respond with care.

Start with the moment you wake up, and consider instances of upset, triggers, and moments of decision. What are you thinking in these moments? What's the situation? What's in front of you? Be as specific as possible.

These are some cues to play the PART.

### Examples:

- Thinking 'I can't believe I look like this' while getting ready for work.
- Seeing the sign for your favorite Monkey Brains drive-thru on the drive home.
- 9:00 p.m., TV-watching time, sitting on the couch.

