

# PRINCIPLE ONE

## Ask & Accept

Asking yourself what you're feeling – and accepting the truth of your emotional and/or physical experience – turns obstacles into information. This step gives you a better sense of how feelings in your body are informing your thoughts and/or impulses, and what you need in order to feel cared for, to feel well, and to experience deep pleasure.

Using 'I' statements, list ten feelings or sensations (emotional and/or physical) that might push you to react mindlessly, or to sabotage the commitments you've made to yourself and your health.

### Examples:

I feel scared (of judgment, of failure, of scarcity...)

I feel hungry.

I feel anxious.

