

PLEASURE PRINCIPLES



CARE | PLAY THE PART

Date

To heal your relationship to food and to your body you respond to life, stress, and emotion with care where before you might react in ways that brought more pain. Until responding with carew becomes your reflex, you Play the PART as though it already is.

Below, following the structure in this lesson, write out three PART Plays, beginning with the Prompt, and ending with Talk.

Prompts: any sensation, thought, situation, place, moment - any invitation to be present and mindful

Ask & Accept: Ask: "What am I feeling?" Accept: bear witness to the feeling for a few breaths

Respond: with care

Talk: 1- Do not give the beast a voice, 2- Deep pleasure that resulted, 3- Thank YOU

Prompt:

Ask & Accept:

Respond:

Talk:

Prompt:

Ask & Accept:

Respond:

Talk:

Prompt:

Ask & Accept:

Respond:

Talk:



Please remember to SAVE YOUR WORK before you close this page.