

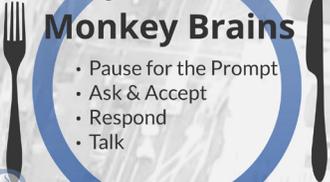
Practice

Principle One | Lesson Five



**Play the PART
Monkey Brains**

- Pause for the Prompt
- Ask & Accept
- Respond
- Talk



**Play the PART
Exercise**

- Pause for the Prompt
- Ask & Accept
- Respond
- Talk



**Play the PART
Meditation**

- Pause for Prompt
- Ask & Accept
- Respond
- Talk





Practice

Principle One | Lesson Five



Maladaptive Reactions to Shame & the beast

- Withdrawal (hide)
- Avoidance (deny & distract)
- Lashing Out (attack & blame)
- Lashing In (self-attack)

PLEASURE PRINCIPLES

Care

- Pause for Prompts
- Ask & Accept
- Respond
- Talk

PLEASURE PRINCIPLES

Play the PART	to	Create SPACE
Pause for Prompts		Self-regard
Ask & Accept		Peace
Respond		Accomplishment
Talk		Connection & Physical Comfort
		Empowerment

PLEASURE PRINCIPLES



Practice

Principle One | Lesson Five



Talk

- Notice when the beast is at the mic ("I can't do this.")
- Breathe and notice the power behind that thought without giving it a voice

What you voice, you empower.

PLEASURE PRINCIPLES

Review

- Care is the source of wellness
- Care is the antidote to shame
- To nurture care, Play the PART (Pause for Prompt, Ask & Accept, Respond, Talk)
- Care results in Deep Pleasure
- The more consistently you Play the PART, the easier it gets

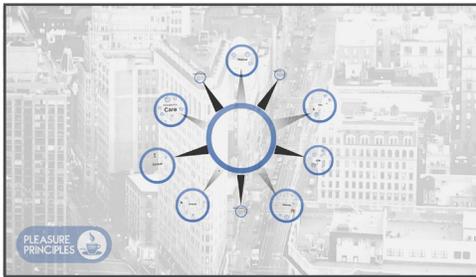
PLEASURE PRINCIPLES

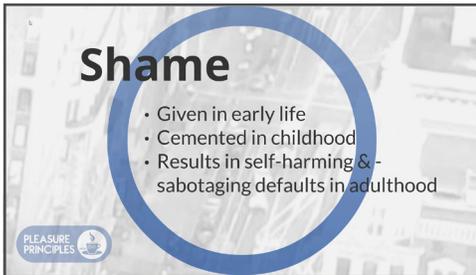
PLEASURE PRINCIPLES



Review

Principle Two | Lesson One





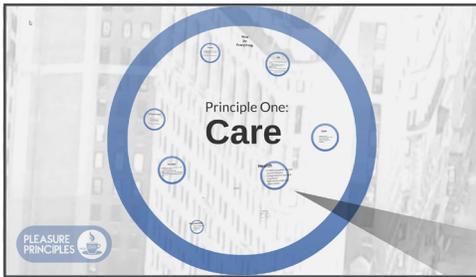


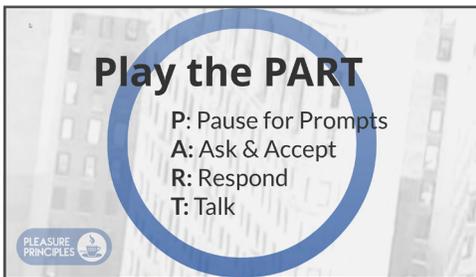


Review

Principle Two | Lesson One









Review

Principle Two | Lesson One

