

Practice for all the Types

- 1. Recognize when the pattern shows up.**
- 2. Be willing to create a little distance or space between the yourself and the pattern.**
- 3. Find a way to do so. Experiment with breathing, being present in your body, movement, visualizations, meditations, etc.**
- 4. Offer self-compassion and kindness to yourself throughout this practice.**
- 5. Be curious about the pattern.**
- 6. Sit with or lean into the pattern.**
- 7. Notice any change that occurs from just sitting with it.**