

<p>1. What is my issue? <i>Be aware of how you feel.</i></p>
<p>2. What shifts in feeling or perception am I experiencing? <i>Breathe a positive feeling or attitude.</i></p>
<p>3. What would I tell someone with this same issue? <i>Assume objectivity, not blame or judgment.</i></p>
<p>4. What options do I see? <i>Rest in neutral.</i></p>
<p>5. On a scale of 1 to 10, how significant is this issue? <i>Soak and relax in neutral.</i></p>
<p>6. What feeling or insight is my heart intelligence giving me? <i>Ask for guidance; Appreciate .</i></p>