

A.C.A.L.M.E.R.M.E

RECAP

A.C.A.L.M.E.R.M.E RECAP

AWARENESS

CONSCIOUS CONVERSATION

ACCEPTANCE

LOGICAL PERSPECTIVE

MEANING

EXIT

RESET AND REWARD

MINUTE-BY-MINUTE

EMPOWERED

AWARENESS

“I no longer allow past pain to ruin present peace.”

When we have awareness, we have self-control, and we own ourselves. Without awareness, we lose self-control and someone or something else owns us. When we learn to merge awareness of our own sensitivities (self-awareness) with the sensitivities in our environment (situational awareness), we hold the golden ticket to radical awareness wherever we are, and whoever we're with.

CONSCIOUS CONVERSATION

When our Conscious Adult Self and our Wounded Inner Child have a Conscious Conversation, we're empowered to soothe, calm, and soften our fear-based memories. Our

Conscious Adult Self is a kind and mature protector. We may not have had someone like this in our lives when we were children, but it's time now for us to be our own protector. It's time to step up and take charge.

ACCEPTANCE

The pain lies in the resistance. When we accept, rather than reject, our painful emotional histories, we can heal the memories that distort the truth of who we really are. We become empowered to contradict and defy the adults who kept us imprisoned and restricted. Acceptance is freedom. When we stop blaming and punishing ourselves for what was said to us and done to us, the question stops being "what's wrong with me?" and instead becomes "what's wrong with them?"

LOGICAL PERSPECTIVE

When we combine Awareness with Conscious Conversation and Acceptance, we're empowered to look at things with a Logical Perspective. When we put 'Logical' and 'Perspective' together, we create a Sensible Viewpoint - a Common-Sense Picture that will see us through the most challenging situations with the most difficult people.

MEANING

We spend a lifetime making other people's shameful behaviour mean terrible things about us. We blame ourselves for their toxic actions because it's how we were programmed to survive. But now we know better, we can do better. We made their behaviour mean something devastating about us. That meaning changes today.

EXIT

When our fear-based memories take us to the fork in the emotional road, we need to know we can get away from whatever or whoever is pushing our buttons without losing our dignity or composure. Exiting the scene of the emotional chaos is essential to our wellbeing and peace of mind. Always exit with grace. A simple, assertive "excuse me, I need a moment" will suffice.

RESET AND REWARD

Resetting our emotional selves gets easier with practice. And once we've reset, we're ready for our reward. Rewarding ourselves is self-validating, and self-validation encourages us to keep pushing forward on our road to emotional freedom.

MINUTE-BY-MINUTE

How different would your day look if, instead of rushing to beat the clock, you slowed down and lived minute-by-minute? When you feel the burn of time-pressure, STOP.

Become aware. Return to the present moment. Calm your wandering thoughts. Take a few deep breaths.

Being rushed or rushing yourself means you're likely to make decisions for the wrong reasons and regret it. We are the bosses of our time. We're lighting the way and slowing down. We're achieving with joy.

EMPOWERED

When you arrive at the final step of this process, you'll have worked your way through difficult emotions that once overwhelmed you. You've told your truth, reclaimed your emotional power, and you're within reach of winning your emotional war. This is emotional freedom.