

Mindfulness in 8 Simple Steps

Stress can be a debilitating experience occurring immediately or under circumstances that evolve over time. It may further lead to triggered emotions from irrational thoughts caused by underlying issues found of environmental hostility. Which may further impose the specifics of trauma of the individual hidden fears, potential bias, and anxiety to surface. Use these helpful steps adapting conscious awareness of thought and emotion intelligence.



Clarify Conflict



Interview Parties



Identify Solutions



Responsive Action



Evaluate

Need a quick solution to external stimulus?

It may be your greatest suggestive advice.

1. Responsibility to the Present

Recognize the power of thought and reject any undesired pre-occupancies which may manifest into feelings of intense emotions.

2. Rationalize Emotions & Assumptions

Observe your emotions from surrounding environmental stimuli and the senses. Perceptively keying in on all possible assumptions, expand intuitive leads of unknown variable through depth of process.

3. Visit the Dark Unconscious

Accept the experience, educating yourself on dissolution of negative energy transfer. As polarities can be deeply cognizant to mental and emotional pains often succinct with duality. Flow objectively to internal/external shifts.

4. Connective with Repressive Thoughts

Evaluate your attention to dualities. These may reveal unresolved needs hidden by processes of neurological coping mechanisms. Build confidence making good decisions.

5. Strategize Exhaustion, Anxiety, & Stress

The origins of empathic being are naturally sensitive to inorganic stimulus felt by overwhelm of environmental sensory input data. Devise a strong support network plan for regression.

6. Push the Threshold of Mind

All desired outcomes require rigorous strength of mind to neutralize adversity and move on. Ferment self-love, esteem, and principles of unconditional love in uncomfortable challenges.

7. Redirect Focus of Energy

Take pragmatic action in "being" that of which your desired learning prompts your redirection. Putting experience and knowledge to higher purpose of wisdom. Become the lightworker for which gives back to others.

8. Change Compulsion & Impulsivity

Distill your capacity of bad habits by becoming attuned to impulsive and compulsive behaviors that rejuvenate old or unhealthy obsessions. Shift balance into organic states of being. REPEAT.

Emotional intelligence

Signs of Stress... and Re-Alignment

Rather than feel through our inner emotions we may disassociate further from the very connection that regulates human cognition in our ability to rationalize and positively reinforce the removal of obstructive perception or circumstance. We irrationally responding to underlying anxieties despite consequence to act either impulsively or compulsively through strong internal thought.

Repeatedly, making unhealthy choices and finding ourselves in the same of unstable circumstance. Thereby, re-opening the wound from its origins of experience we replace detachment into other forms of obsessions, indirectly re-re-associating through the fixations of past trauma – those for what we know are pain addictions.

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