

WHAT SKILLS

Match the correct answer to the corresponding What Skill

Answers

1. Pay attention to the facts not your opinions
2. Throw yourself completely into the activities of the current moment
3. Be aware of what's happening around you and inside yourself (thoughts, feelings)

OBSERVE

- Notice your senses (sight, smell, hearing, touch, taste)
- Practice wordlessly watching
- Answer #: _____

DESCRIBE

- Put words on the experience
- Remember if you can't observe it through your senses you can't describe it
- Answer #: _____

PARTICIPATE

- Get in the zone
- Fully experience your emotions without becoming self-conscious
- Answer #: _____