**L – LABEL YOUR WORRIES**

* Listen for demand language
* Listen for cognitive distortions
* Identify your “broken record”
* “This is not unacceptable, this is\_\_\_\_\_\_\_\_\_\_\_.”

**L – LET GO OF CONTROL (CONTROL AGENDA)**

* “What is my goal?”
* “Is my goal specifically one of control?”
* “How would I meet what is here instead?”
* “I have a \_\_\_\_\_\_\_\_\_\_\_ agenda.”

**A – ACCEPT THOUGHTS & FEELINGS AS “ALLOWED”**

* Give space to thoughts
* Acknowledge them as present
* Observe the worrisome thoughts as simply a thought you are having
* “You do not have to wrestle them into a pen, they can graze the yard”

**M –MINDFULNESS OF PRESENT MOMENT**

* Ground yourself in your senses (5-4-3-2-1 exercise)
* Mindful breathing (find your “wave”)
* Ground yourself in your senses

**P – PROCEED IN SPECIFIC DIRECTION**

* Goal setting exercise
* Identify effective behavior toward, in the direction of, your goal
* “I can pursue\_\_\_\_\_\_\_\_.”