

<p>STOP IDENTIFYING</p> <p>What happened? What is my old conditioning that I can observe?</p>	<p>SURRENDER & ACCEPTANCE</p> <p>How can I accept this person/situation? And accept myself for having this conditioning?</p>	<p>SHIFT PERSPECTIVE</p> <p>How can I look at this person or situation in a different way? How could it help me grow?</p>	<p>SUBSTITUTE</p> <p>How will I feel when I fully integrate my new perspective: positive affirmation/visualisation</p>