

Application Strategy Worksheet

May 3rd, 2018

1. Determine which basic spaces are involved with as much detail as you are easily able to notice.

	in	out	rest	flow
see				
hear				
feel				

2. Choose whether you want to turn toward or away from the activity in these spaces.



3. In accordance with your decision in step two, decide which spaces you would like to work in.

	in	out	rest	flow
see				
hear				
feel				

4. Choose your technique, and any specific options.

	in stillness	in action	micro-hits	background
Note & Label	when: how long:	when: how long:	when: how long:	when: how long:
Nurture Positive	when: how long:	when: how long:	when: how long:	when: how long:

For Nurture Positive:

- A. Decide content for each chosen space
- B. Decide sequence (if any)

Options for Noting and Labeling (select as many as you want, or skip this section):

<p>Labeling Modes</p> <ul style="list-style-type: none"> 1. No labels 2. Mental Labels 3. Spoken labels <ul style="list-style-type: none"> a) Sub-vocal labels b) Ordinary spoken labels c) Strongly spoken labels d) Very strongly spoken labels <p>Label Emphasis</p> <ul style="list-style-type: none"> 1. Exclusive emphasis 2. Inclusive emphasis <p>Re-noting</p> <ul style="list-style-type: none"> 1. Double note 2. Triple note 3. Quad note 4. Note until gone 	<p>Zooming</p> <ul style="list-style-type: none"> 1. Zoom in 2. Zoom out 3. Zoom beyond 4. Zoom Both Ways 5. Don't intentionally zoom <p>Stance</p> <ul style="list-style-type: none"> 1. Contact stance <ul style="list-style-type: none"> a) Active contact b) Passive contact 2. Focus stance <ul style="list-style-type: none"> a) Active focus stance b) Passive focus stance <p>Note gone</p> <ul style="list-style-type: none"> 1. Explicitly note <i>gone</i> 2. Do not note <i>gone</i>
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- 5. Do the technique for at least five minutes
- 6. Assess and amend