

Publications, 1992), p. 140.

[20](#)

Although there are many different places you could begin when learning and practicing mindfulness, starting with bodily sensations and movements tends to be much easier for most people because there is less content involved (i.e., we are not asking you to focus on anything in particular, just whatever sensations come up in your body over a certain period of time).

[21](#)

For example, in traditional Eastern practices, the goal of mindfulness is to see certain “truths” about existence. When used in that way, mindfulness has very specific goals and aims that are far beyond the scope of this book.

[22](#)

Gunaratana, *Mindfulness in Plain English*, p. 143.

[23](#)

We say it is unrealistic because the house, career, partner, and so on are not going to show up at your door. Therefore, as long as you avoid certain people, places, or events, you will be stuck in the same situation you currently are in.

[24](#)

If the unhelpful aspects of the Self-Referencing Center lead you to take perceived social rejections personally, you will be much more likely to remember them as feelings of social disconnection (not being accepted by others) when asked hours later about how you felt during the day.

[25](#)

Other terms you may be familiar with for these same processes include *cognitive distortions*, *automatic thoughts*, or *negative thoughts*.

[26](#)

Of course, your Uh Oh Center could be firing and generating anxiety because you are neglecting a true need or emotion. In that case, you need to acknowledge the true emotion (or need) and use your Wise Advocate to disarm any deceptive brain messages that accompany or fuel your unhealthy habit of ignoring, minimizing, or neglecting your true self.

[27](#)

Note: Do not dismiss your true emotions and needs, only the faulty logic of the deceptive brain messages.

[28](#)

With highly addictive and potentially dangerous substances like drugs and alcohol, you want to abstain, rather than use in moderation. Twelve-Step programs can really help in these situations.

[29](#)

Bhante Henepola Gunaratana, *Mindfulness in Plain English* (Boston: Wisdom Publications, 1992), p. 36.

[30](#)

Attention, Acceptance, Affection, Appreciation, Allowing. See pages 122–23.

[31](#)

Remember: As we mentioned in the Introduction, the Four Steps are designed to help with mild to moderate symptoms. Medications should be used in the case of bipolar disorder, schizophrenia, or chronic suicidal thoughts, and you should always consult with your doctor before changing your medication regimen.

[32](#)

As always, if in doubt, ask yourself how a reasonable person would respond to the situation currently in front of you and how your Wise Advocate would view the situation.