

# Support awareness

Greater awareness ultimately yields more and better choices. We can use the APR technique during challenging situations to move from our default response to a choice that better serves us by reframing the situation.

## Awareness

**Become aware that you are in default and/or experiencing stressful emotions.**

### Ask yourself:

- What is the situation and why is it challenging?
- What is my default reaction?
- What types of mindsets are coming into play—what do I believe or assume?
- What physical symptoms am I experiencing (e.g., speaking quickly, feeling irritated, heart-racing)?
- Why is this important to me?



## Pause

**Interrupt and create space and time.**

### Pick one (or as many as you would like):

- Count to 10.
- Exhale deeply (six or more times).
- Activate another sense by sitting up straight or planting your feet on the ground.
- Ask a question.
- Extend gratitude.
- Get a drink of water or take a break.
- Sleep on it.
- Do not hit send on that email just yet.
- Name what's happening – say that you are frustrated or concerned and ask for a moment.



## Reframe

**Use specific questions to embed new mindsets and take an aware action.**

### Ask yourself:

- How would I like the situation to be and why? What is the greater purpose?
- Am I showing up as my best self in this moment?
- How do I see myself, others, and the situation? What other perspectives might also be true?
- What can I learn from this situation?
- What mindset am I holding right now? Which more helpful mindset might I step into instead?
- From this mindset, what (small) action can I experiment with?