

A C O R N S

FROM AWARENESS TO ACTION

An awareness and compassion-based
model for living a life of wisdom and ease



1 AWARENESS

Self and pure awareness—self-awareness is about becoming aware of sensations, feelings, thoughts, beliefs, reactions, etc;

pure awareness is the spacious, formless awareness in which everything arises and falls



2 CALM

**Self-regulation;
self-soothing;
deep breathing;
positive self-talk;
self-care activities
that target calm and
soothing effects**



3 OPEN-HEARTED

**Identifying feelings;
slowing down and not reacting;
self-compassion with hands on
heart/belly while feeling love;
empathy “I know this is really
difficult”; loving-kindness....**



4 REFLECT

**Finding clarity about what is
actually happening, what needs are
not being met,**



5 NOW WHAT?

Discernment about next possible steps. What do I want to happen now?

**Choose a behavior that meets the
4-step skillful judgement criteria**



6 SKILFUL ACTION

Taking action that is wise,
compassionate, firm,
boundaried, caring, using
the mindful communication
4-step process*

MINDFUL COMMUNICATION

1

Slow down your pace of speech (regulates nervous system; reminds yourself there is no rush and to be present)

2

Soften and relax the tone of voice (reduces the perception of threat or judgement/criticism; helps the listener feel safe and does not put the listener on guard)

3

Take pauses (promotes connection with others; draws others into the conversation and helps others maintain interest; restores a sense of presence)

4

Make your message clear, direct, and simple (what do you want the other person to know, do, think about, etc?)

4-step skillful judgement criteria:

1.Skillful/unskillful

2.Healthy/unhealthy

3.Helpful/unhelpful

4.Useful/disadvantageous

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