

Dual Awareness Protocol

- ▶ Right now I am **feeling**..... Current emotion
- ▶ And **sensing** in my body..... Three sensations
- ▶ Because I am **remembering**..... Name only
- ▶ However, I am **here** now..... Place, date, time
- ▶ And I can **see**..... Three things you can see around you
- ▶ And **hear**..... Three things you can hear around you
- ▶ And **feel**..... Three things you can feel on your body
- ▶ So I know thatname only..... **is not happening any more**