

## 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 that .....name only..... **is not happening any more**