

A - B - C

a self-support practice

Acknowledge

Acknowledge your emotion or behavior and what you are becoming aware of: I see that you're anxious / worried.. I see you're angry about...I see that your chest is tight...



Breathe

Long and slow, diaphragm breaths: filling your belly with air as you breathe in, and emptying it all the way out as you exhale. Repeat 2-3 times.



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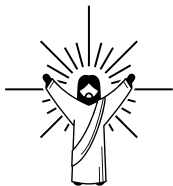
Befriend

I'm with you, I hear you...Respond to yourself with kindness, just as you would to a good friend.



Christ

Invite Jesus to meet you right there, in whatever you are experiencing. "Jesus, be with me in this anxiety."



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Engage with the Lord

Ask Jesus one or more of the questions below.
After asking, be still and listen for His response,
paying attention to anything that comes into your
awareness.

Lord, how do you feel about being here with me?

Lord, how do you see me in this moment?

*Lord, is there anything you want me to know
about this [name the emotion or behavior]?*

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Learn more about Christ-centered self-support:



Course: Healing
the Relationship
with Self



Video:
ABC Process



Video: One
Kind Word



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