

From a Don't to a Do Want

DON'T WANT	DO WANT
 E.g. I don't want to feel sad	 E.g. I want to feel joy
 No Direction	 Creates a Path
 Leads with Fear	 Leads with Hope
 Re-engages Fight or Flight	 Re-wires for safety
 Reinforces Negativity Bias	 Re-trains Rest & Restore

Practice

-  **1. Notice a Don't Want**
→ What images do you see?
-  **2. Shift to a Do Want**
→ What do you see now?
-  **3. Take a slower out-breath** + bare feet on floor to stay grounded
-  **4. Tell yourself "I"** ("you", "name")
"am safe", "am okay", something that resonates
-  **5. Repeat**

If too dissociated, anxious, numb..

Ask: What would I Want to Want

This creates some connection and gives you space without pressure.

Be gentle with yourself & try to approach the exercises with curiosity.