



Awareness, Attention, Action

A simple way back in a difficult moment

Sometimes, in the middle of a familiar reaction, something changes: we notice what we are doing. That recognition matters, but awareness gives us an opportunity; it does not make the choice for us. In a difficult moment, these three questions can help us find the next step.

1

Awareness NOTICE WHAT IS HAPPENING.

What is happening in me?

Your jaw tightens, your breathing changes, or you begin preparing a response before the other person has finished. You do not need to judge the reaction or make it disappear. Simply acknowledge it: *I am feeling defensive. I am afraid of disappointing someone.*

2

Attention TURN TOWARD WHAT MATTERS.

What needs my attention?

What are you feeling? What do you actually know, and what might you be assuming? There is a difference between *I feel dismissed* and *This person does not respect me*. The feeling deserves attention; the conclusion may need examination.

3

Action CHOOSE WHAT LOVE INVITES YOU TOWARD.

What is one honest, caring thing I can do next?

Listen without interrupting, acknowledge a mistake, ask a question, or set a boundary. The right action will not always feel comfortable. You do not have to wait until every feeling agrees with what you recognize as loving.

PRACTICE THIS WEEK

Once a day, practice with a manageable frustration: a changed plan, an irritating message, a misplaced item. Take a breath before following the reaction. At the end of the day, write one sentence:

When I noticed _____, I gave attention to _____ and chose _____.