

## NEUTRAL TOOL

The Neutral Tool stops the impact of stress on your mind and body and eliminates the energy drains. Think of Neutral as a 'time-out zone' where you can step back and neutralize your depleting emotions.

**STEP 1.** Take a time-out, **breathe** slowly and deeply. Imagine the air entering and leaving **through the heart** area or the center of your chest.

**STEP 2.** Try to **disengage** from your stressful thoughts and feelings as you continue to breathe.

**STEP 3.** Continue until you have **neutralized** the emotional charge around the issue.

Once you have become familiar with these three steps, use the quick steps to get to Neutral:

▶ **HEART FOCUS**      ▶ **HEART BREATHING**

Use the Neutral Tool anytime you want to:

- Stop the impact of stress on your body.
- Eliminate the energy drain.
- Remove the drama or significance of a situation.

List some everyday depleting situations and how you can benefit from applying the Neutral Tool.

SITUATION	DEPLETING RESPONSE	HOW NEUTRAL CAN HELP

Specific applications:

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## NEUTRAL PERSONAL PRACTICE LOG

Consider any stress triggers or potentially depleting reactions you experienced.  
Write down the situation and what happened.

DATE	SITUATION	RESPONSE	OBSERVATIONS

Write down any successes you are having with your practice.

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Write down any challenges you are having with your practice.

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