My Parts Map



Name a reaction and what helps you respond differently.

01 What happened in one ordinary moment?

02 What did you do, and what would you call that reaction?

03 What might that reaction be trying to help you with?

04 What would help you respond with a little more room?

05 What could you notice and try next time?

Work with one ordinary moment. Leave anything unanswered. Keep or clear this file wherever you save it.

From Gregory Donihoo / Zen for Men. Present-day reflection; no memory search required.