Taking in the Good Practice (HEAL)

**Have** a good experience - notice a pleasant feeling, bring to mind something  
         you appreciate about your life, remember someone who makes you feel  
         cared for.

**Enrich** it by staying with it for 10 -12 seconds

**Absorb** it - let is sink in by visualizing it filling you up or placing it like a jewel in  
       your heart. Notice where you feel it in your body.

**Link** negative experiences with the positive so you don't get caught up in seeing  
        only the negative

Examples:

Remember a friend’s support when you are worried about your kids

Go for a walk when you are blue, appreciating the scenery

Pray about an illness or loss

Talk yourself down when you get upset

And My Life is Blessed

When you see that you are complaining, out loud or to yourself, pause and add the phrase “and my life is blessed”.

More information about the HEAL technique and a detailed discussion can be found in *Hardwiring Happiness* by Rick Hanson, Ph. D

Feel free to contact me if you have any questions about your practice. Liz Korabek-Emerson