

PART TWO · ON THE PAGE

# What To Notice Today

*Come here while the experience is still warm. Don't try to make sense of it — just let what happened settle onto the page.*

*i.*

When you brought to mind the moment you left yourself, what were you trying to protect?

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*ii.*

When you stayed instead of running, what happened inside your body? Did the feeling soften... move... stay the same? *There is no right answer. Only what was true for you.*

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*iii.*

What did you learn about yourself today?

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TODAY'S RESET

Finish this sentence:

*Today I remembered that...*

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