**The 3-2-1- Practice**

Choose a difficult person or dream character or body sensation (new paragraph)

3---FACE IT Describe the person, image, or sensation in vivid detail using 3rd-person pronouns (e.g., he, him, she, her, they, their, it, its). This is your opportunity to explore your experience fully, particularly what it is that bothers you. Don’t minimize the disturbance—take the opportunity to describe it as fully as possible.

2 — TALK TO IT Enter into a dialogue with this object of awareness using 2nd-person pronouns (you and yours). This is your opportunity to enter into a relationship with the disturbance, so talk directly to the person, image, or sensation. You may ask questions such as “Who/what are you? Where do you come from? What do you want from me? What do you need to tell me? What gift are you bringing me?” Then allow the disturbance to respond back to you. Allow yourself to be surprised by what emerges in the dialogue.

1 — BE IT Now, writing or speaking in first person, become the person, image or sensation you have been exploring. Use the first person pronouns (I, me, mine). See the world, including yourself, entirely from the perspective of that disturbance, and allow yourself to discover not only your commonalities, but also how you really are one and the same. Finally, make a statement of identification: “I am **\_**” or “**\_** is me.” (new paragraph)

Now integrate this perspective into a larger you, feeling it as an integral part of your being.