

## Catching Self-Awareness

Begin regularly to ask yourself the following question as you go about your daily life:

*“And who is noticing that?”*

You can set reminders on your phone or computer to do this. Or you could set a rule for times to ask it, such as whenever you touch your phone, or keys, or wallet. When the cues appear take a moment to notice your experience and touch awareness for a split second as you ask *“and who is noticing that?”*

Be careful not to let the question lead to an extended mental treatise about who you are – that is your judgmental mind trying to tell a self- story. Shut that process down if it kicks in by using your defusion skills, such as by listening to the mental treatise in the voice of Donald Duck, or imagining that you were a pompous professor holding forth.

The goal is to touch the “I, here, nowness” or your transcendent self, even if that’s just for a millisecond. Over time you will find that asking yourself this question becomes second nature and your connection to your authentic self keeps strengthening.

You will quickly find that you are treating yourself with more compassion and feeling more genuinely connected with more and more people in your life.