



# four aspects of helpful inner focus

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*reducing  
negative states*

*nourishing  
positive states*

*exploring &  
processing*

*encouraging  
mindfulness*



# four aspects of helpful inner focus

*relaxation, reduced arousal,  
embodied cognition*

*reducing  
negative states*

*compassion, gratitude &  
savouring, meaning & values*

*nourishing  
positive states*

*exploring &  
processing*

*'internal weather' description,  
information, transformation*

*encouraging  
mindfulness*

*ruminating & worry, observing,  
exposure to challenging states*