



# ABCE's of Brain RE-Training to Build Internal Safety & Reduce Symptoms

<b>Attention</b>	<ul style="list-style-type: none"><li>- Re-direction Practice Away from Sensations</li><li>- Somatic Tracking/PRT Towards Sensations</li><li>- Deepening your Relaxation Response</li><li>- All to Build Greater Mindfulness/Awareness</li></ul>
<b>Behavioral</b>	<ul style="list-style-type: none"><li>- Identifying &amp; Facing Avoidance Behaviors</li><li>- Identifying &amp; Reducing any Safety Behaviors</li><li>- Identifying &amp; Softening Personality Behaviors</li></ul>
<b>Cognitive</b>	<ul style="list-style-type: none"><li>- Questioning Negative self-limiting beliefs</li><li>- Turning NAT's into PAT's</li><li>- Building Self-Compassionate 3<sup>rd</sup> Person Self-Talk</li><li>- Positive Visualization/Imagination/Expectation</li><li>- Building Evidence List- to Deepen Belief</li><li>- Building Win List- to Acknowledge Progress</li></ul>
<b>Emotional</b>	<ul style="list-style-type: none"><li>- Emotional Awareness &amp; Expression Therapy- EAET</li><li>- For Past Memories (Memory Re-Consolidation)</li><li>- For Present Stressors/ Current Relationships</li><li>- Window of Tolerance in the Body for Feelings</li><li>- Affect Tolerance for Emotional Energy in the Body</li><li>- Connecting Symptoms to Emotions Daily</li></ul>