Shift
(to being open)

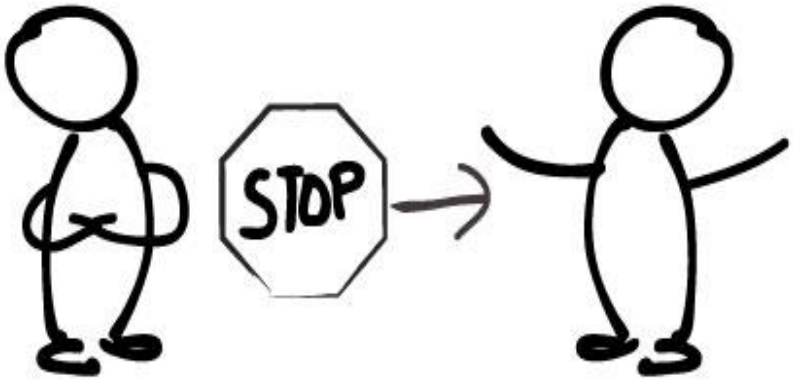
1. Recognize your judgment signal. Note where you are on the Closed/Open Continuum.

2. Practice stopping, stepping back and shifting to being open when you experience your signal.

3. Imagine your oasis so you can quickly be there when needed.

4. Note your favorite ways of cooling down and keep them handy.

5. Practice being open and notice impact.



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