

## HEAL Worksheet

### 3 Basic Needs

1. Safety
2. Satisfaction
3. Connection

### Pain and quality of life

Live more in **red** zone; feel less safe, more difficulties with attention, feel less satisfied, sometimes more self-critical and less connected

Medication: 30-40% improvement; behavior change: 40-60% improvement

### Freedom from pain

1. Attention training: noticing and allowing (let it be), noticing and embellishing (let it in, grow the good, live more in the **green** zone)
2. What matters, who matters
3. Planning experiments consistent with doing what matters, showing who matters

Where shall we start . . . .

Our plan:

## HEAL

*One step at a time*



