

Dual Awareness & Self Awareness Log

In states of dual awareness, you can hold past and present in consciousness simultaneously. You can recall a “sliver” of memory AND observe with curiosity what sensations, affects, and thoughts are activated. Experience the event in a SELF-WITNESSING state, rather than re-experiencing it as if it was happening here and now.

<i>Memory</i>	<i>Trigger</i>	<i>Sensations, affects, thoughts</i>	<i>Coping skill used. Effective?</i>