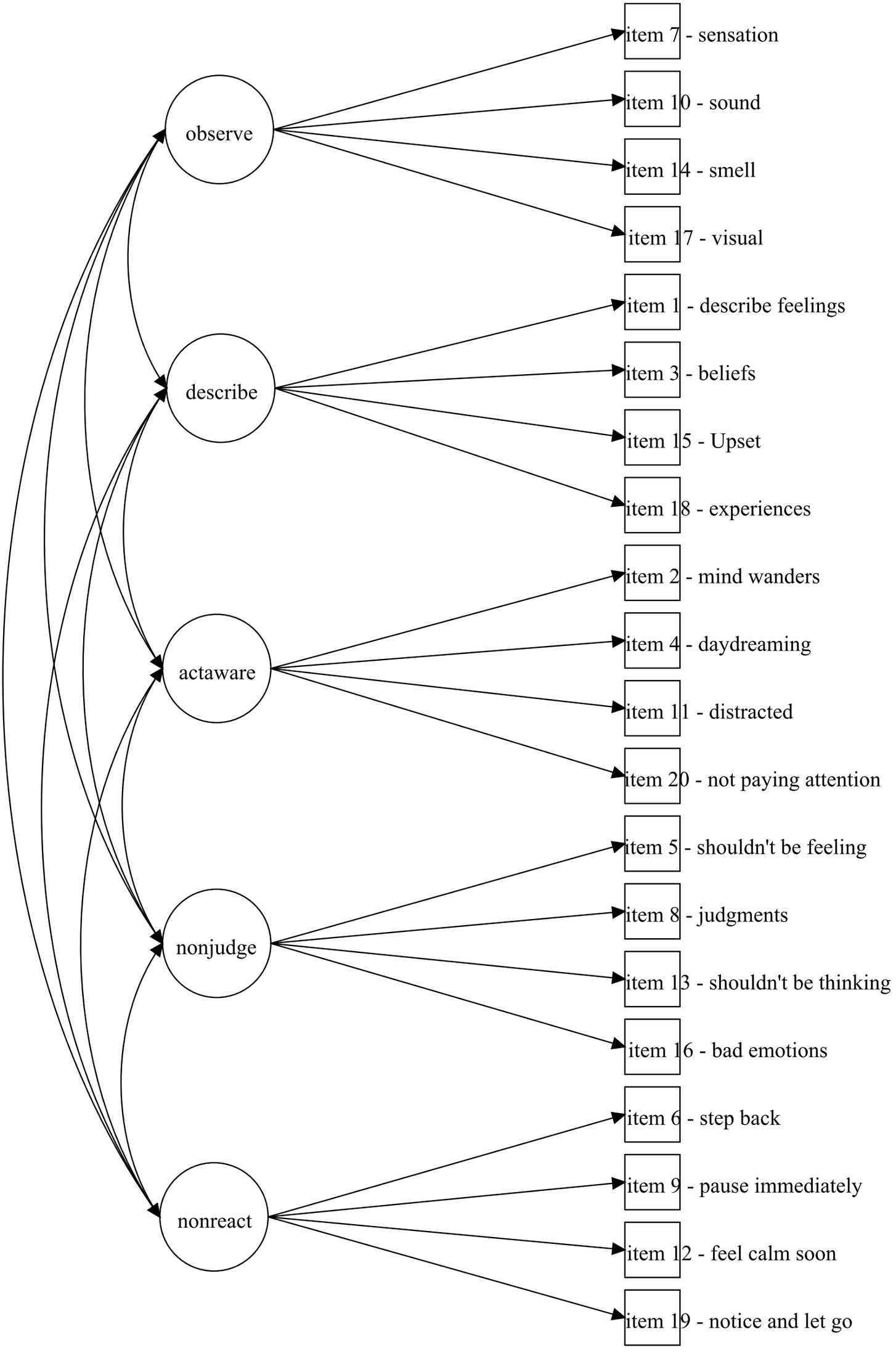
observe
describe
actaware
nonjudge
nonreact
item 7 - sensation
item 10 - sound
item 14 - smell
item 17 - visual
item 1 - describe feelings
item 3 - beliefs
item 15 - Upset
item 18 - experiences
item 2 - mind wanders
item 4 - daydreaming
item 11 - distracted
item 20 - not paying attention
item 5 - shouldn't be feeling
item 8 - judgments
item 13 - shouldn't be thinking
item 16 - bad emotions
item 6 - step back
item 9 - pause immediately
item 12 - feel calm soon
item 19 - notice and let go