

S.E.E. PRACTICE COMPANION

A simple practice for seeing what is happening beneath the surface

Begin with what you notice, and let curiosity lead you from there.

SURFACE

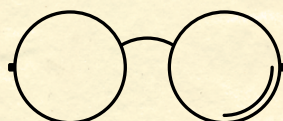
What am I noticing? *(Before trying to change anything, notice what is already here.)*

- What's happening in me right now?
- What has my attention?
- What am I noticing in my body, thoughts, emotions, or reactions?

ENGAGE

What might this be showing me? *(Stay curious about what you've noticed.)*

- What feels familiar about this?
- What belief, expectation, assumption, or old conclusion might be underneath it?
- What changes when I meet this with curiosity instead of judgment?



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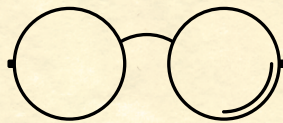
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EMBODY

What becomes possible now that I can see this?

(Seeing clearly doesn't require a big change. Notice if there is space for choice.)

- Is there a choice available that I couldn't see before?
- What feels like the most conscious response available to me right now?
- Does this moment call for action, waiting, speaking, resting — or simply noticing?



ONE MORE BREATH

You don't have to figure it all out at once.

Sometimes seeing clearly is enough to create a little more room for choice.

Pause. Notice. Get curious. Choose from what you see now.