

The Triple A’s of Loving Yourself: ASSESS, ATTEND and ATTUNE by Dr. Ken McGill

Use this quick-reference chart to reflect on areas of your life that deserve your assessment (to change), attention (to heal), and energy to create internal and eventually interpersonal attunement (to grow). As mentioned in previous posts, give yourself time and grace to develop these worthwhile tasks, but do practice and give love to yourself each day and in every season of your life!

A	Take a moment to Assess how you were treated in your Family of Origin (FOO). Was there love, peace and calm, or anger, anxiety, sadness, hurt, confusion, disconnection, abuse, loneliness, or trauma?
S	Attachment Styles (Anxious, Avoidant, Ambivalent, Disorganized, or Secure) are formed in your FOO, and they impact(ed) how you see/treat yourself and others. Schemas/Schema Modes develop too!
S	Secure Attachments help us to feel Safe, Seen, Soothed , and Secure internally as children and adults. These values promote brain and mind growth, healthy environments and a Triangle of Well-Being .
E	Your responsibility is to Evaluate your formative years and current behavior, to determine what’s your attachment style and how any maladaptive schemas/schema modes erupt and trigger harsh messages.
S	Which Schemas (Abandonment, Insecurity, Entitlement, Failure, Negativity) and Schema Modes (Critical Parent, Impulsivity, Detached/Self-Soothe, Approval Seeking, Scolding) do you default to?
S	S-I-F-T-ing (Sensation, Images, Feelings and Thoughts) your mind increases self-awareness regarding how you sabotage your ability to love yourself and identifies areas to ATTEND to for mental health.
A	Pay Attention , then become Intentional: Take a look at yourself (via therapy and mindfulness) to discover/eliminate thoughts and behaviors that foster harmful reactivity and interrupt intentionality.
T	Attend to Thoughts and feelings connected to life experiences that hurt, create fear, anger, loneliness, perfectionism, codependence, blame, escape, addiction, etc. Learn, own, and do your shadow work !
T	Acceptance and Commitment Therapy continues self-reflection and invites you to Accept your thoughts and emotions, Choose values that are important to you, and Take action by living by them!
E	Consider how you wish to use the Energy of your Mind (because you will grow something!). Plant and nurture only those thoughts/values that reflect love, self-care, purposeful living, and healing!
N	Think of, “Integrate” and activate plans, strategies and processes that meets your needs and produces insight, meaning, purpose, healing and leaves you feeling content, confident and defines your identity!
D	Practice Differentiation . Differentiation means you’ll mutually honor and respect the thoughts, feelings and needs of others, versus diminishing, reacting to, manipulating, or trying to change them.
A	Attunement encourages you to “monitor and adjust” your thoughts, feelings, or behavior when corrosive messages from your past threaten to disrupt your sanity, serenity or intentional living.
T	Scheduling “Time-Outs to take Time-Ins” is a compassionate and strategic process to deliver calm to your brain and body when you need insight regarding how to love yourself (and others) intentionally.
T	Tune-In to and enlighten yourself by practicing your spiritual disciplines , for inspiration, guidance and when self-love/care requires a healthy infusion of the 4 S’s: Safety, Seen, Soothing and Security.
U	Tune-In to your Feelings by engaging in Emotional Self-Awareness activity to Understand the valuable message your body, mind and spirit is seeking to deliver to you, in your effort live an examined life!
N	Tune-In to your thoughts and feelings to assess your Needs and how you’ll meet your needs. Do you need rest, support, recreation, a listener, a collaborator, or assistance? What’s your plan to satisfy it?
E	Take Time-Ins during the day to Evaluate if you’re replacing negative and maladaptive thoughts with positive and affirming ones that satisfy your needs and produce Love, Equality and Empowerment ?
X	“X” Factor : Love yourself by practicing “2.0” values and behaviors upgraded from maladaptive and virus-laden “1.0” schemas. Let your values serve as your cognitive GPS to experience these Triple A’s.
T	Become Therapeutic by employing strategies that reflect self-care, compassion, grace, and love to yourself when intrusive thoughts or emotions cause you to feel panic, peeved pessimistic or powerless.
R	Re-write your personal narrative (how you see and treat yourself, and act toward others) and give yourself permission to reparent yourself with 4 S+ values that affirm your worth, dignity and future.
A	Visit your Safe Place regularly! Here you can access your Higher Power , convene “Adult-Child consultations” for self-care, wisdom , and “cortical overrides” from the other side of the wheel !
!	Zero in on people who loved you unconditionally . Visualize being in their presence and what they said to you, or did that made you feel loved, valuable, accepted, important, comforted and empowered .

The Triple P’s of Loving Others: PREPARE, PEACE and PASSION by Dr. Ken McGill

Use this quick-reference chart to prepare your mind to create then employ the best cognitive (and spiritual and emotional) strategies to generate peace and passion with those you love. As mentioned in previous posts, give yourself time and grace to develop these worthwhile tasks, which leads to the production of sweet, beautiful, tasty and nutritious love!

P	Prepare a place in your home, office, head, and heart where silence facilitates calm to regulate your body, focus to hear your thoughts, awareness to identify your feelings and empathy for your talk.
R	“Re-mind” yourself and use communication tools (Time-Out ; ABC’s of Conflict Resolution , Practical behaviors of Empathy) prior to your talk to enhance your ability to create successful outcomes.
E	One of the greatest gifts you could give each other is for (both of) you to view the Ten Steps for Emotional Self-Awareness tool. This tool increases your ability to be Safe, Seen, Soothed and Secure.
P	Remember your Purpose! It’s never to scorch the earth of your partner’s heart, but to communicate respectfully and differentiate to understand and value the thoughts and emotions you both have.
A	Since you’re reviewing valuable tools to prepare yourself, review the “Triple A’s of Loving Yourself.” Assess where you need to change, Attend to your own Healing, and focus on growing Attunement .
R	Prepare to Re-write an inclusive “Me to We” Relationship Narrative to grow a relationship seasoned with the mutual practice of Adult values and behaviors that affirm your worth, dignity and future.
E	Have you Evaluated your plans and processes to ensure your Agape-oriented Virtues and Values are forefront in your mind, where their practice will lead you closer to versus further from your goals?
P	When you talk, be Patient with one another. The Latin word <i>Patiens</i> means “ <i>I am suffering</i> ,” so make sure you listen to, sit with, and understand the deep thoughts, feelings, and needs of your partner.
E	One of the skills of Empathy is “ <i>to project yourself into what you observe</i> ,” which means to demonstrate “ <i>Empatheia</i> ” by getting into their passion and suffering to know and comprehend it.
A	Acceptance (<i>Nasar, Bahar</i>) is accomplished when you’ve looked at and taken into your mind and heart the credible viewpoints of another. Do you understand, take in and accept the truth of another?
C	Internal and interpersonal Peace is facilitated by the demonstration of Compassionate behavior that conveys your heart (and all of your innards!) is safe with me . Are you demonstrating compassion?
E	Encouragement, Empathy, Effort, Emotional Restitution, Equality and Esteem are all Empowering E’s that create peace and connection in a relationship. Make sure you liberally practice these E’s!
P	To the Ancient Greeks, Epithumia is the word used to describe all of the emotions of a person. In your conversation(s) with your neighbor do you understand their hopes, dreams, fears, needs, and wants?
A	Use your energy to produce an “ Awakened Mind ,” which leads to enlightened, deliberate, mindful and intentional thoughts and decisions that considers the well-being of yourself and others.
S	Rebuild your relationship by creating Secure Attachments . Secure Attachments are built with the practice of behaviors that help your body, mind, soul and spirit feel Safe, Seen, Soothed, and Secure .
S	In addition to the above-mentioned 4 S’s, what other S’s will you focus on developing for mutual benefit: Support, Solitude, Simplicity, Service, Spirituality, Sensuality, Solutions or Self-Control?
I	Having your Intimacy needs met are prime motivators of one’s behavior. Are you engaging in the demonstration of Intimacy Building Behaviors to build a positive upward spiral between you two?
O	Don’t get too “ Other-Focused ” when it comes to meeting your needs. Discuss then negotiate what and how much the other person could contribute to meeting your needs but do take care of yourself!
N	Focus your passion to think about, cultivate then Nurture Love! Cultivating Love (versus inaction, retaliation, or withdrawal) is a better use of your energy, and it produces nourishing outcomes!
X	“X” Factor: What are the relationship “2.0” values and behaviors that reflect an upgrade in how you think, talk to and treat each other? What indicates you’re giving your partner gold medal behavior ?
T	Remember, its ok to schedule or call a “ Time-Out to take a Time-In ” to deliver calm to your brain and body when you need time to generate insight regarding how to best produce love for each other.
R	Remember to Repeat any healthy suggestions that make sense to the two of you, as the repetition stimulates neuronal growth in your brain . Remember, the cells that fire together will wire together!
A	An “ Awakened Mind ” creates the “wow” because it loves uncommonly, brainstorms options other don’t see, infuses purpose with passion, commits versus resigning, and produces the extraordinary.
!	Please ensure the behaviors you produce and practice are heavily influenced by the 18 Healthy Adult Morals, Virtues and Values! The practice of these characteristics builds up the recipient profoundly!