

# 6 STEPS FOR WHEN *Irritation & Annoyance* ARISES

*step*  
**1**

## **NOTICE**

Practice becoming very familiar with your bodily sensations that are cues to irritation and annoyance. The sooner you notice them, the easier it is to explore them via the steps below.

*step*  
**2**

## **PAUSE**

Create the space for change and choice by first choosing only to focus on what you are feeling and the root causes of these feelings.

*step*  
**3**

## **SOOTHE**

Allow and accept the feelings arising in your body. Bring a warm loving presence to the discomfort. If you notice any self-judgment, practice comforting yourself by imagining what you would say to a close friend or a child.

*step*  
**4**

## **UNDERSTAND**

These feelings are messages that something is important to you. Get curious. What is it? Try things on. You'll notice that you landed on the right ones when you feel your body relax and the intensity of the feelings decreases.

*step*  
**5**

## **CONNECT**

Guess what might be the other person's experience. What may be important to them right now? It is more important to be curious than guess correctly. If the intensity of your feelings gets in your way, return to step 3 for more self-compassion.

*step*  
**6**

## **PROPOSE**

From the mutuality and respect for both of your experiences and needs, share what is important to you and offer a proposal. That proposal could be as simple as "Are you willing to consider ways to get both of our needs met?"