



Center for Mindfulness and Compassion

www.chacmc.org

STOP – ACHE – GO

Stop or Slow down

Turn towards experience or Take notice of breathing

Observe with Openness (thoughts, sensations, emotions, urges)

Pleasantness (Pleasant, unPleasant, or neutral)

Allow it to be as it is, Accept the ACHE is here, Anchor with breath

Compassion to areas of suffering, Curiosity, Common Humanity

Hold the experience with warmth and sustaining touch

Expand awareness to breathing, body, senses

Gratitude / Ground in values

Open to life's challenges/beauty, Orient with kindness

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