The Three A’s

*A Process for Change*

**Awareness**: knowledge and understanding that something is happening or exist

*“Real but not true”*

**Acceptance**: to receive or admit, to take by the mind

“Ask what happened to me instead of what is wrong with me?”

**Action:** movement; as opposed to rest. A process or condition of acting. Habitual deeds, thus behavior.

*“What do I need to do to care for myself?”*