

whole number of unwanted experiences, such as feeling self-conscious, having critical and pessimistic thoughts about the conversation, and urges to limit eye contact or even leave the situation. By engaging in your *Open* and *Aware* skills you have the opportunity to set the Purpose dial to high (if you wish), for example, if meeting new people was about a value of connecting, or part of acting as a loving person. You could set the Purpose dial and choose to go into the situation, noticing that your actions and your experiences are now part of a direction you have chosen (connecting / acting lovingly).

### **EXERCISE: Identifying Times That Involve Deliberately Setting the Purpose Dial**

Imagine the next time you are likely to have lots of Mind Judgements, and allow yourself to get caught up with controlling your experiences. Now imagine that while observing all these Mind Judgements (using your *Aware* skills), that you can also notice where the Purpose Dial is set. Is it set low? Could there be a way of acting with Purpose in this moment, turning the dial up? Imagine doing that. What will that involve you practising in terms of *Open* and *Aware* skills?

Situation when my Mind Judgements are HIGH:

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Purpose Dial reading

LOW

MEDIUM

HIGH

Skills to expand (*Open, Aware*):

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Choices and Actions with greater Purpose:

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