

PACIFY Technique

Learn to approach the problems of this life by pacifying them.

IT IS IMPORTANT TO STRIVE TO BE IN THE **PRESENT**
MOMENT AND STAY CONNECTED WITH OTHERS;
HAVING AN **ATTITUDE** THAT IS OPTIMISTIC. LEARN TO
COMMUNICATE WITH EMPATHY, ACCEPTANCE AND
RESPECT. DEVELOP AN **INTERNAL LOCUS OF**
CONTROL (WORRY LESS ABOUT WHAT OTHERS
THINK ABOUT YOU.) BE **FLEXIBLE** WITH RULES FOR
SELF AND OTHERS (DON'T EXPECT THE
UNATTAINABLE) AND STRIVE TO NOT **YIELD** TO
NEGATIVITY.

PACIFY THE CHAOS TO BRING ABOUT PEACE