**Informal Practice Log (Simple Awareness) – Week 1**

Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. Remembering the raisin exercise, you could also use this as an opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of “simple awareness”.

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| **What was the situation? Where were you, who were you with, what were you doing?** | **What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?** | **What feelings, thoughts and sensations did you****notice WHILE doing this mindfully?** | **What did you learn from doing this?** | **What feelings, thoughts and sensations are you noticing NOW as you write this?** |
| ***EXAMPLE****Washing dishes after dinner.* | *I was feeling hurried, shoulders and stomach tense, thinking “I wish Chris hadn’t used so many dishes!”* | *I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment.* | *Paying attention to physical Sensations brings me into the here and now and a boring task becomes more interesting.* | *Feeling the support of the chair I’m sitting on, the feel of the pen, and feeling thankful that a long day is over* |
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**Informal Practice Log (Pleasant Events Calendar) – Week 2**

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| **What was the experience?**  | **Were you aware of the pleasant feelings while the event was happening?** | **How did your body feel, in detail, during this experience?** | **What moods, feelings and thoughts accompanied this event?** | **What thoughts, sensations, emotions do you notice NOW as you write this down?** |
| ***EXAMPLE****Heading home after work – stopping, hearing a bird sing.* | *yes* | *Lightness across the face, aware of**shoulders dropping, uplift of corners of mouth.* | *Relief, pleasure, “That’s good”,**“Pretty song”, “it’s so nice* | *It’s such a small thing but I’m glad**I noticed it. I get a warm feeling and a tingling in my body..* |
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**Informal Practice Log (Unpleasant Events Calendar) – Week 3**

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| **What was the experience?**  | **Were you aware of the unpleasant feelings while the event was happening?** | **How did your body feel, in detail, during this experience?** | **What moods, feelings and thoughts accompanied this event?** | **What thoughts, sensations, emotions do you notice NOW as you write this down?** |
| ***EXAMPLE****Waiting for the cable company to come fix our line. Realize that I am missing an important meeting.* | *yes* | *Temples throbbing, tightness in my neck and shoulders, pacing* | *Angry, helpless, frustrated. “Is this what they mean by service?” “Those #$!@$#!! – I can’t afford to miss this meeting!”* | *I hope I don’t have to go through that again soon. Mild anxiousness,**tightness in stomach.* |
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**Informal Practice Log Week 4**

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| **What was the situation?**  | **What was going on with your thought to take a Breathing Space? (body, mind, emotion)** | **What did you notice WHILE you were doing the****Breathing Space? (body, mind, emotion** | **What did you notice AFTER****you did the Breathing Space? (body, mind, emotion, action)** | **What did you learn?** |
| ***EXAMPLE****I was in a meeting where someone**was saying something I knew to be untrue.* | *My heart was pounding, my stomach was tight, I felt angry and I thought “He KNOWS that’s not true!”* | *Noticed my shoulders were tight, too, but when I paid attention tobreath, I felt things start* | *My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place.* | *Without the break, I would have reacted automatically and said something I’d regret. I can use**getting aroused as a signal to use a Breathing Space* |
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**Informal Practice Log Week 5 Difficult Emotions**

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| **What was the situation? What was happening inside?***(body, mind, emotions)* | **What was the strongest emotion you were feeling?***(e.g. anger, sadness, grief, impatience, confusion,fear,* *shame, longing, despair?)* | **Where in your body were you feeling this the most?***(e.g. tightness in chest, queasiness in stomach, ache in heart, headache)* | **How did you “do”****Soften-Soothe-Allow?** **What did you notice while you were doing this?** | **What did you notice AFTER****you did the process?***(body-mind-emotion-action)* |
| ***EXAMPLE****My boss harshly reprimanded me in an email. I went through all the things I could say in my defense. My shoulders were tense, my jaw clenched, stomach tight..* | *At first, I was shocked, then felt like I had been kicked in the stomach, I felt vulnerable and angry, but mostly I felt hurt about**how unfair he had been.* | *There was a sinking feeling in my**stomach, and a tightness because I**really thought I had done a good**job in the document he wrote to me**about.* | *I softened around my stomach,**noticed I could relax my shoulders, To this part of me that felt hurt, I offered a silent “of course you feel that way – you wanted praise and**you got corrections instead”.* | *It was strange – even though it**was me comforting me, I felt understood and less vulnerable. I was able to compose myself and think constructively about how to respond to my boss.* |
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**Informal Practice Log Week 5 Physical Pain**

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| **What was the situation? What was happening inside?***(body, mind, emotions)* | **What was the strongest emotion you were feeling?***(e.g. anger, sadness, grief, impatience, confusion, fear,**shame, longing, despair?)* | **Where in your body were you feeling this the most?** *(e.g. tightness in chest, queasiness in stomach, ache in heart, headache)* | **How did you “do”****Soften-Soothe-Allow?** **What did you notice while you were doing this?** | **What did you notice AFTER****you did the process?***(body-mind-emotion-action)* |
| ***EXAMPLE (Physical)****I was working at my desk and my back was killing me, but I had two hours more to go. I couldn’t leave.* | *Anger, impatience, wishing it would just go away. “How am I going to get through the day like this? I have so much to do!”* | *Compressed area in small of back: tight, binding, pinching. It’s oblong and about 1” thick in middle, tapers off at edge. Texture like granite.* | *My legs don’t hurt, they actually feel relaxed, pleasant… sensing warmth and ease there. Recalling nice interaction with a friend this afternoon* | *I felt much bigger, that there is much more to me than this area in my back. The back pain didn’t go away, but I felt it as only part of me, not all, not so troubling.* |
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**Informal Practice Log Week 6**

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| **Describe this****communication.****With whom?****Subject?** | **What did you want from them and/or how did you want to be treated?** | **What did you****actually get** **(in terms of outcome and treatment)?** | **What do you think the other person wanted? What did they actually get (outcome/treatment)?** | **How did you feel****(physically &****emotionally)****during and after?** | **What do you notice NOW (physical/emotional/mental) as you recall this communication?** |
| ***EXAMPLE****Called phone company about changing my phone plan, this was the 3rd time I was transferred.* | *I wanted her to change my plan, to take responsibility, to be sympathetic and understanding.* | *I was told I had to talk to someone else and I was transferred a 4th time. She was unsympathetic, even rude.* | *To have me talk to someone else, for me not to be upset. She got me to agree to talk to someone else, but I remained irritated and upset.* | *Tight stomach, shoulders, angry at her and all the time it was taking. Better, once Igot to right person.* | *At first, tightness, but then**uneasiness in stomach – feel a**little sheepish for being so angry**at someone only trying to do their job.* |
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**Informal Practice Log Week 7**

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| **What was the situation? What process did you use? (Simple Awareness, Mindful Eating, STOP, Soften/Soothe/Allow)** | **What was going on with your thought to do the process? (body, mind, emotion)** | **What did you notice WHILE you were doing the process? (body, mind, emotion** | **What did you notice AFTER****you did the process?** **(body, mind, emotion, action)** | **What did you learn?** |
| ***EXAMPLE****I was cleaning the garage and getting frustrated with how long it was taking and decided to use Simple Awareness.* | *I felt frustrated at how long it was taking, hurrying just to get**through, thinking “I HATE doing this – I have so many other things to do!”* | *I started to pay attention to the**one part I was working on: the pile of tools in the corner, colors, shapes, how it felt to be holding the saw handle.* | *I actually continued with the process for a while. I was much**calmer only focused on what I was doing at THAT moment.* | *It wasn’t the job itself which was**frustrating, but my thinking about all the other things I had to get done.* |
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