**Practice Log - Week 2**

**FORMAL PRACTICE:** Read the description of the Sitting Meditation. Between now and next week, practice at least six times, alternating the Sitting Meditation with the Body Scan. As before, don’t expect anything in particular from either of these exercises. See if you can give up all expectations about it and just let your experience be your experience. Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. ***It’s important to write the comments immediately because it will be hard to reconstruct later.***

**INFORMAL PRACTICE:** At the end of the day before you go to bed, recall one specific pleasant event and record it on the Pleasant Events Calendar**.**

|  |  |
| --- | --- |
| **Date** | **Formal Practice Comments (Body Scan or Sitting Meditation)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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..* |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Informal Practice Log (Pleasant Events Calendar) – Week 2**