**FORMAL PRACTICE:** Practice at least six times this week, alternating Mindful Yoga with the Sitting Meditation. As before, don’t expect anything in particular from doing these. In fact, give up all expectations about it. 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 of that particular session: 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:** Read the description (below) of STOP: One-Minute Breathing Space. Carry the Informal Practice Log with you during the day, and at least once during the day (waiting in line, just before getting in or out of your car…), practice using “STOP”, and record it on the Informal Practice Log when you can.

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| **Date** | **Formal Practice Comments (Yoga or Sitting Meditation)** |
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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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