**FORMAL PRACTICE:** Practice at least six times this week, alternating **Sitting Meditation** (guided or unguided) with either the **Body Scan or Yoga** (Yoga 1 or Yoga 2). On the first day, though, try the Soften, Soothe, Allow Meditation. The Soften, Soothe, Allow Meditation is 15 minutes long, so on that day, you will have a shorter practice session (if you’d like a full 30 minutes, you can add silent meditation on your own that day). As before, don’t expect anything in particular from these practices. Just let your experience be your experience.

**INFORMAL PRACTICE:** The informal practice will be to try **Soften, Soothe, Allow** (below)at times when you are experiencing an unwanted emotion (see the Soften, Soothe, Allow process). The unwanted emotion doesn't have to be severe. It could be, for instance, impatience waiting in line or being mildly annoyed by some minor event. ***If, at the end of the day, no unwanted emotion comes to mind****, ignore the “Soften, Soothe, Allow” format, and take the time to feel gratitude for something that happened that day (or even simply for the fact that you have no significant unwanted feelings!). We often don't take time to experience gratitude, so you might see if you can stay with the feeling of gratitude for a moment or two, and maybe even feel it in your body (e.g., warmth in chest, softness in belly, full heart, relaxed neck and shoulders…). You can make a short note about what happened when you did that somewhere on that day’s row of the Informal Practice sheet.*

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