**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 (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’soblong 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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