

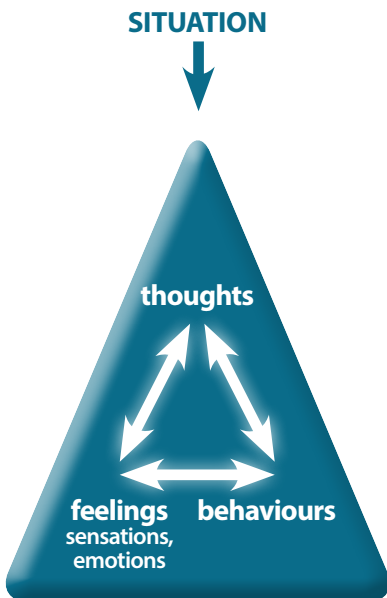


Chapter 2 Home Practice

23
6

Practice Table: Be Mindful of Thoughts and Feelings

Similar to the last chapter, bring awareness to parts of the **Triangle of Experience** that arise in specific life situations. In this exercise, focus on the internal events—Thoughts and Feelings. As best you can, notice what arises with a curious, non-judgmental stance.



SITUATION When? Where? Who? What?	THOUGHTS: Sentences, images, or memories that come to mind	FEELINGS: Emotions or body sensations that arise
Sunday night, 9:30pm: Sitting on the couch, petting the dog.	"She is so soft." "She completely gives in to her nap."	Contentment Affection
Monday, 10am: At a meeting, someone is sniffing and looks ill.	"Why did she come if she's sick?" "Now I am going to get it!" "My week is packed! I can't handle a cold on top of it!"	Annoyed Scared Compassionate

SITUATION When? Where? Who? What? ↓	THOUGHTS: Sentences, images, or memories that come to mind ↓	FEELINGS: Emotions or body sensations that arise ↓

Focus on your thoughts and feelings, taking a curious, non-judgmental stance.

Chapter 2: MINDFULNESS



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Mindfulness Practice

This week, choose an everyday activity (e.g., washing dishes, lying in bed, drinking tea) and bring mindful attention to it. Pay attention, in the present moment, to all of your sensations, accepting your experience without judging it as good or bad, right or wrong.

Bring mindful attention to an everyday activity.

“**Mindfulness** is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to, or receiving, the present moment—pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.”

Sylvia Boorstein,
mindfulness teacher

What did you notice? _____

My Good for Me(s) This Week

I can give myself credit that I invested time, energy, or effort in: _____



Congratulate yourself for achieving a small, everyday goal that required your time, energy, or effort.



Notes