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**Informal Practice Log (STOP: One-Minute Breathing Space) – Week 4**

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| **What was the situation?** | **What was going on with you when you 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 to breath, I felt things start to loosen a bit. | 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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| *7th day & beyond is optional* | ***NOTE:*** *On the last day of informal practice, instead of (or in addition to) recording your experience with “STOP” that day, complete the* ***Midway Self-Assessment Worksheet*** *that was included with your practice sheets (see Week 4, under “Practice Sheets”).* |  |