|  |  |
| --- | --- |
|  | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Informal Practice Log (“Turning Toward”) – Week 5**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **What was the situation? What were you noticing?**  *(something that caused physical or emotional distress: “I don’t like this!”)* | **What was the strongest emotion you were feeling?**  *(e.g. anger, sadness, grief, impatience, confusion, fear, shame, longing, despair?)* | **How would you describe this physically?** *(e.g. tightness in chest, queasiness in stomach, ache in heart, headache)* | **Where did you find something pleasant?**  (image, memory, past event, something grateful for, or part of body without pain) | **What did you notice immediately AFTER having done this process (or what do you notice now)?**  (body-mind-emotion-action) |
| ***EXAMPLE (emotional)***  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. | I felt vulnerable and angry, but mostly I felt hurt about how unfair he had been. At first, I was shocked, then felt like I had been kicked in the stomach. | 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 remembered how much I love my work and how grateful I am for being able to do something that makes a difference in other peoples’ lives. | I softened around my stomach, noticed I could relax my shoulders. I was able to respond non-defensively to my boss. |
| ***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’s oblong 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. |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| *7th day & beyond is optional* |  |  |  |  |