

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

What was the situation? What were you noticing? <i>(something that caused physical or emotional distress: “I don’t like this!”)</i>	What was the strongest emotion you were feeling? <i>(e.g. anger, sadness, grief, impatience, confusion, fear, shame, longing, despair?)</i>	How would you describe this physically? <i>(e.g. tightness in chest, queasiness in stomach, ache in heart, headache)</i>	Where did you find something pleasant? <i>(image, memory, past event, something grateful for, or part of body without pain)</i>	What did you notice immediately AFTER having done this process (or what do you notice now)? <i>(body-mind-emotion-action)</i>
EXAMPLE (emotional) <i>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>	<i>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.</i>	<i>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>	<i>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>	<i>I softened around my stomach, noticed I could relax my shoulders. I was able to respond non-defensively to my boss.</i>
EXAMPLE (physical) <i>I was working at my desk and my back was killing me, but I had two hours more to go - I couldn’t leave.</i>	<i>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!”</i>	<i>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.</i>	<i>My legs don’t hurt, they actually feel relaxed, pleasant... sensing warmth and ease there. Recalling nice interaction with a friend this afternoon...</i>	<i>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.</i>