

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

| 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?  |
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| <p><b>EXAMPLE</b><br/> <i>I was in a meeting where someone was saying something I knew to be untrue.</i></p> | <p><i>My heart was pounding, my stomach was tight, I felt angry and I thought "He KNOWS that's not true!"</i></p>  | <p><i>Noticed my shoulders were tight, too, but when I paid attention to breath, I felt things start to loosen a bit.</i></p> | <p><i>My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place.</i></p> | <p><i>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.</i></p> |
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| <p>7th day &amp; beyond is optional</p>  | <p><b>NOTE:</b> On the last day of informal practice, instead of (or in addition to) recording your experience with "STOP" that day, complete the <b>Midway Self-Assessment Worksheet</b> that was included with your practice sheets (see Week 4, under "Practice Sheets").</p> |   |   |  |