Informal Practice Log (PAIN Process) – Week 5b (dealing with physical discomfort)

Where were you, what was going on when you noticed the physical discomfort?	**What were the actual sensations?** *(burning, tingling, aching…) Shape? Boundaries? Texture?*	**Where did you find something pleasant?** (could be as simple as warmth in hands, or sun on skin)	**What did you notice when you included both the pleasant and unpleasant?** "becoming a bigger container"	**What did you notice AFTER you did the process?** *(body-mind-emotion-action)*
EXAMPLE *I was working at my desk and my back was killing me. I thought, "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, actually feel relaxed, pleasant… sensing warmth and ease there. Recalling nice interaction with 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.*	*Still had much to do, but my focus was no longer only on the back pain and not about "fixing" the pain, could move forward…*