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

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

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| **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. |
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| *7th day & beyond is optional* |  |  |  |  |