Informal Practice Log (STOP: One-Minute Breathing Space) – Week 5

| 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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| EXAMPLE Today mum accused me of misplacing her wallet | My stomach was tight, I felt angry and I thought "Is she blaming me again for something she did?" | Noticed my shoulders were tight, too, but when I paid attention to breath, I felt things start to loosen a bit. | My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place. | 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. |
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