

Practice Log - Week 6

FORMAL PRACTICE: Practice at least six times this week, alternating **Sitting Meditation** (guided or unguided) with either the **Body Scan or Yoga** (Yoga 1 or Yoga 2). On the first day, though, try the Soften, Soothe, Allow Meditation. The <u>Soften, Soothe, Allow Meditation</u> is 15 minutes long. As before, don't expect anything in particular from these practices. Just let your experience be your experience.

INFORMAL PRACTICE: The informal practice will be to try **Soften, Soothe, Allow** at times when you are experiencing an unwanted emotion (see the <u>Soften, Soothe, Allow process</u>). The unwanted emotion doesn't have to be severe. It could be, for instance, impatience waiting in line or being mildly annoyed by an event.

If, at the end of the day, no unwanted emotion comes to mind, ignore the "Soften, Soothe, Allow" format, and take the time to feel gratitude for something that happened that day (or even simply for the fact that you have no significant unwanted feelings!). We often don't take time to experience gratitude, so you might see if you can stay with the feeling of gratitude for a moment or two, and maybe even feel it in your body (e.g., warmth in chest, softness in belly, full heart, relaxed neck and shoulders...). You can make a short note about what happened when you did that somewhere on that day's row of the Informal Practice sheet.

Date Completed Practice Comments (include which type of practice)

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EXAMPLE After a few weeks of meditation this feels like it has become a part of my daily routine. Today was my first attempt at the Soften, Soothe, Allow Meditation. I started by focusing on my breathing. At first, I felt distracted by my body sensations, but as I allowed it to take its course rather than ignore the discomfort I could feel less negative emotions, less anxiety around what I was feeling and instead acceptance of what my body was feeling right now.