Informal Practice Log (Soften, Soothe, Allow) – Week 6

Date of Reflection	What was the situation? What was happening inside? (body, mind, emotions)	What was the strongest emotion you were feeling? (e.g. anger, sadness, grief, impatience, confusion, fear, shame, longing, despair?)	Where in your body were you feeling this the most? (e.g. tightness in chest, queasiness in stomach, ache in heart, headache)	How did you "do" Soften-Soothe-Allow? What did you notice while you were doing this?	What did you notice AFTER you did the process? (body-mind-emotion-action)
17/09/2016	EXAMPLE John got angry at me for no reason today. My shoulders were tense, my jaw clenched , stomach tight.	At first, I was shocked, then felt like I had been kicked in the stomach, I felt vulnerable and angry, but mostly I felt hurt about this.	There was a sinking feeling in my stomach, and a tightness because I had done nothing wrong.	I took a deep breath, noticed I could relax my shoulders, To this part of me that felt hurt, I offered a silent "of course you feel that way – you did nothing wrong".	It was strange – even though it was me comforting me, I felt understood and less vulnerable. I was able to compose myself and think constructively about how to respond to my partner.