Practice Log - Week 5- Regulating Practices

FORMAL PRACTICE

Practice at least six times this week the Regulating Practices. As before, don't expect anything in particular from this practice. The regulating practices will help you return to your window of tolerance any time you need. Bring a level of curiosity to each moment as it unfolds. Use dual awareness to help you regulate. Record on this form each time you practice. It's important to write the comments immediately because it will be hard to reconstruct later.

Day	Practice Comments			

Informal Practice Log – Week 5- Overcoming Anxiety (ABCD)

Each day this week see if you can choose one situation where you have anxiety, worry or concern. Bring awareness to moments of anxiety without trying to change them.

A	В	C	D	What did you learn?
Acknowledge AmyG	Breathe	Compassion	Detach	•

"Thank you AmyG I see you. But I don't need you. Thank you for trying to keep me safe".	"I'm breathing into my belly. Feeling the rise and fall of breath. I take gentle deep breaths. With my hand on my pulse I notice the breathing and pulse begins to slow"	"I offer myself compassion. It is okay to feel this way right now. I dont need to be strong or be a hero. This too will pass. I'm okay. I'm safe from harm".	"I notice my mind is racing (it's in'problem solving mode) I notice anxiety here. I notice fear. I feel a sense of wanting to run. I feel overwhelmed. Whatever is here. Its okay."	