

## 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 Acknowledge AmyG

**B**  
**Breathe**

**C**  
**Compassion**

**D**  
**Detach**

### What did you learn?

[illegible]