|  |  |
| --- | --- |
|  | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Informal Practice Log (Soften, Soothe, Allow) – Week 5**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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)* |
| ***EXAMPLE***My boss harshly reprimanded me in an email. I went through all the things I could say in my defense. 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 how unfair he had been. | There was a sinking feeling in my stomach, and a tightness because I really thought I had done a good job in the document he wrote to me about. | I softened around my stomach, 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 wanted praise and you got corrections instead”. | 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 boss. |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |