**Home Practice Record Form**

If you wish, you can record on the Home Practice Record From each time you practise, and make a note of anything that comes up in the homework so that we can talk about it next time.

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| **DAY / DATE** | **Practice** | **Comments** |
| *Example:*  *Monday3rd May 2023.* | *Body scan.*  *Mindfulness of breathing.*  *Routine activity.* | *I kept getting lost in my thoughts, and I noticed that I kept on returning to the same thoughts time and time again!* |
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