

## 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.