

Practice Log - Week 5b (dealing with physical discomfort)

FORMAL PRACTICE: Practice at least six times this week, alternating Sitting Meditation (guided or unguided) with either the Body Scan or Yoga (Yoga 1 or Yoga 2). On the first day, though, try the Soften, Soothe, Allow Meditation. The Soften, Soothe, Allow Meditation is 15 minutes long, so on that day, you will have a shorter practice session (if you'd like a full 30 minutes, you can add silent meditation on your own that day). As before, don't expect anything in particular from these practices. Just let your experience be your experience.

INFORMAL PRACTICE: The informal practice will be to try the PAIN process at a time when you are experiencing physical discomfort or pain (see The Five-Step PAIN Process). The discomfort doesn't have to be major, it could just be a minor ache or physical irritation. If you are lucky enough to have a day with no aches or pains to speak of, ignore the "Five-Step PAIN Process" format, and take the time to feel gratitude for something that happened that day (or even simply for the fact that you had a day with no aches or pains!). We often don't take time to experience gratitude, so you might see if you can stay with the feeling of gratitude for a moment or two, and maybe even feel it in your body (e.g., warmth in chest, softness in belly, full heart, relaxed neck and shoulders...). You can make a short note about what happened when you did that somewhere on that day's row of the Informal Practice sheet.

Date	Practice Comments (include which type of practice)
1	