

Practice Log - Week 5

FORMAL PRACTICE: Practice at least six times this week, doing the *"Turning Toward" Meditation the first two days of this week* and the other four days you can choose any of the practices you've done so far (Sitting, Body Scan, Yoga, Turning Toward).

INFORMAL PRACTICE: Practice with either “*Turning Toward Difficult Emotions*” or “*Turning Toward Physical Pain*”, focusing on an unwanted emotion or physical pain that may have come up during the day. The unwanted emotion or physical pain doesn’t have to be severe, for instance, being mildly annoyed by someone/something that day, or a sore back or tense neck/shoulders.

NOTE: If, at the end of the day, no unwanted emotion or physical discomfort comes to mind, ignore the "Turning Toward" format, and take the time to feel gratitude for something that happened that day (or even simply for the fact that you have no significant unwanted feelings!). 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)

[illegible]