

Example Form 7.1: Mindful Emotion Awareness

Use this form to record your experience following completion of the *Mindful Emotion Awareness Meditation*, *Mindful Mood Induction*, or *Anchoring in the Present*.

- ☐ **Mindful Emotion Awareness Meditation:** Listen to the five-minute audio recording available at <http://www.oup.com/us/ttw> and record your experience.
- ☐ **Mindful Mood Induction:** Choose a song that you know will bring up emotions for you and practice observing your experience in the present moment nonjudgmentally. Record your experience.
- ☐ **Anchoring in the Present:** When you notice that an emotional response is building, complete the following four steps: (1) use your cue (e.g., breath) to ground yourself in the present moment, (2) do a three-point check (thoughts, physical sensations, behaviors), (3) ask yourself if your response is consistent with what's going on right now, and (4) bring your response in line with the demands of the present moment.

		What did you notice?			How effective were you at not judging your experience?	How effective were you at anchoring yourself in the present?
Date	<u>Practice</u> Meditation, Mood Induction, or Anchoring?	Thoughts	Physical Sensations	Behaviors	0 - 10 (not at all) (extremely)	0 - 10 (not at all) (extremely)
Oct 1 st	Meditation	It is hard to relax, am I breathing slow enough? what should I get my mom for her birthday?	Tightness in chest	Urges to distract myself from my breathing	5	7
Oct 2 nd	Meditation	I don't have time for this, I have such a long to do list today	Antsy, jittery, tense	Urges to stop, kept repositioning in my chair	6	4
Oct. 3 rd	Mood induction	Reminded me of my ex- we had some good times together. I can't believe I still get upset when I think about this	Heavy feeling in head, lump in throat	Urges to look ex up on Facebook after the practice	4	4
Oct. 4 th	Anchoring	I'm late for work, I'll never find parking, my boss will be irritated	Faster heart rate, sweating	Driving faster, keep checking clock, turn down radio	5	8
Oct. 4 th	Mood induction	What's the point in listening to a happy song - I'll still feel miserable after	Tired, faster heart rate the longer I listen	Toe-tapping, slight urge to dance	7	9
Oct. 5 th	Anchoring	I'll screw up a new relationship just like my old one. I haven't been on a 1 st date in 15 years - I won't know what to say	Heavy, tired, pit in stomach	Urges to cancel, listen to sad music, list out talking points	7	8
Oct. 6 th	Anchoring	I'm going to fail the test tomorrow. It was really stupid of me to go out with friends this weekend - I should have studied.	Muscle tension, faster heart rate, lump in throat	Urges to stay up late studying, cancel dinner plans	8	6

David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. © 2018 by Oxford University Press