

Workbook Activities

Activity 18

Savoring activities was pretty neat to put it simply. During activities, like cooking or just playing some games I took some time to think about how I was enjoying the activity. And that I don't get time to really appreciate the activity. I learned that in addition to flow, and heightened awareness, I need to delve more into the activity mentally when I am doing it.

Activity 21

It's interesting to see what problems I have with relationships. Romantically I don't think I am that much attracted to anyone right now. Of those important in my life, namely my friends, these guys are the best. And I realize that I know a lot about them but maybe not everything. Honestly that is okay. Outside of privacy reasons I know I don't need to know everything to establish that relationship.

Activity 23

Being increasingly cognizant of others is quite interesting and difficult. It's not always easy to read other people and really internalize what they feel and have that experience change your own actions. But I learned that this is an important thing to consider regardless. It's critical for establishing that positive relationship that I expressed in the previous activity.