

## Informal Practice Log (STOP: One-Minute Breathing Space) – Week 4

What was the situation?	What was going on with you when you thought to take a Breathing Space? (body, mind, emotion)	What did you notice WHILE you were doing the Breathing Space? (body, mind, emotion)	What did you notice AFTER you did the Breathing Space? (body, mind, emotion, action)	What did you learn?
<b>EXAMPLE</b> <i>I was in a meeting where someone was saying something I knew to be untrue.</i>	<i>My heart was pounding, my stomach was tight, I felt angry and I thought “He KNOWS that’s not true!”</i>	<i>Noticed my shoulders were tight, too, but when I paid attention to breath, I felt things start to loosen a bit.</i>	<i>My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place.</i>	<i>Without the break, I would have reacted automatically and said something I’d regret. I can use getting aroused as a signal to use a Breathing Space.</i>
7th day & beyond is optional	<b>NOTE:</b> On the last day of informal practice, instead of (or in addition to) recording your experience with “STOP” that day, complete the <b>Midway Self-Assessment Worksheet</b> that was included with your practice sheets (see Week 4, under “Practice Sheets”).			