

WEEK SIX: *Mindfulness and Emotions*

THEME: Becoming aware of your emotions

Guided Meditation Practice in Class and for Home Practice:

- Mindfulness of Breath, Thoughts and Mental States.

Informal Daily Practice:

- Keep a journal throughout the week. Pause periodically during your daily activities and ask yourself the following question: "What am I feeling right now?" Try and put a label onto your emotional state. Next, ask yourself: "How do I know that I am feeling this?" Record any evidence that you notice.
- Keep an "Anger Diary" throughout the week. Notice what triggers anger in your day-to-day life. When anger arises, notice how it feels in the body, and see what happens when you intervene with a few deep breaths or mindfulness of anger. For each recorded instance of anger, record 1) the date and time when the anger occurred, 2) the trigger of the anger, 3) body sensations associated with the anger and 4) what happened when you applied mindfulness to the anger.

Week 6 Class Notes and Reflections

Use this page to take notes during class, and/or record your thoughts, feelings, observations, and questions related to this week's class session.

Week 6 Meditation Practice

Meditation: Mindfulness of Breath, Thoughts and Mental States

Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.

Practice Time	Questions & Observations
Day 1 (Friday)	
Day 2 (Saturday)	
Day 3 (Sunday)	
Day 4 (Monday)	
Day 5 (Tuesday)	
Day 6 (Wednesday)	
Day 7 (Thursday: next class mtg)	

Week 6 Intention Practice

Use this and the following page to keep track of your daily intention and any observations..

	Intention	Observations
Day 1 (Friday)		
Day 2 (Saturday)		
Day 3 (Sunday)		
Day 4 (Monday)		
Day 5 (Tuesday)		
Day 6 (Wednesday)		
Day 7 (Thursday: next class mtg)		

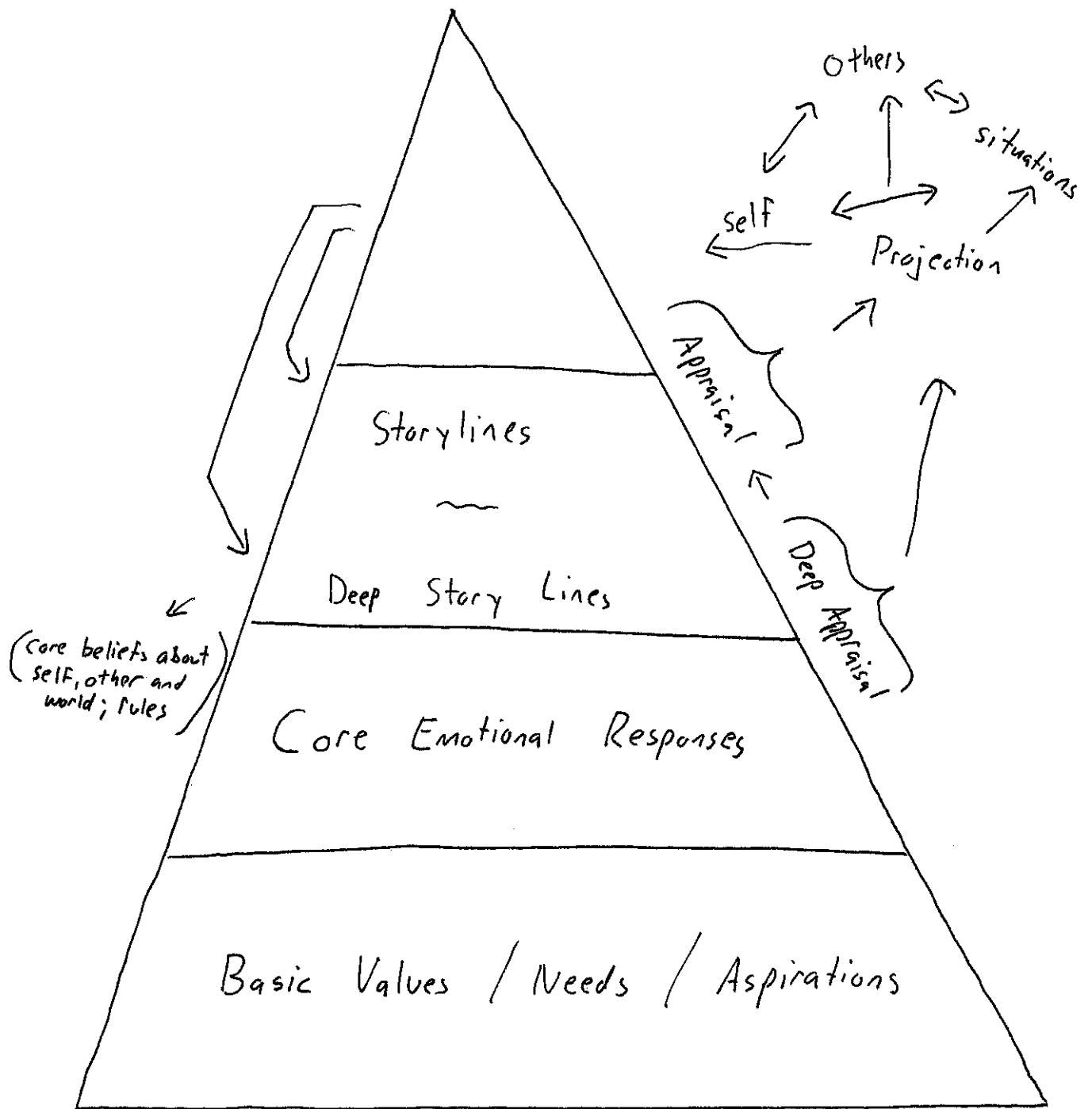
Week 6 Meditation Practice

Meditation: Mindfulness of Breath, Thoughts and Mental States

Overall reflections on this week's meditation practice:

Overall reflections on the process of supporting (and/or avoiding or resisting) your own meditation practice:

Week 3 Informal Mindfulness of Emotions Practice



Dent Gitchel

Anger Profile

