

Your Workbook and Journal



 **THE CHANGE ACADEMY**
PERSONAL & PROFESSIONAL DEVELOPMENT SOLUTIONS

My Goals

What do you hope to achieve through learning about Mindfulness and establishing an Everyday Mindfulness habit? (You may wish to add to your goals later, as you learn more about Mindfulness, but start now with the goals you have at present).

What would be the smallest signs in your everyday life that would show you that you are moving in the direction of these goals? Noticing even very small positive changes will help you to stay motivated to keep up the habit. For example, are there areas of your life where you are not as fully present where you'd like to be? What would be the first small sign that things were improving with regard to this. Are there areas of your life where you are particularly impatient or judgmental? Is there scope for developing greater compassion or self-compassion? Etc. For each of these identify what would be the smallest signs that things were beginning to change?

My Log of Small Changes and Benefits from Practising Mindfulness

As you start to notice small changes in your life and in your Mindfulness practice, make a note of them here. Being consciously aware of the benefits will help you to maintain your motivation for your daily practice. Examples might be things like – “I notice I was a bit more patient with x” or “My mind was a little bit more focussed than it usually is when I was doing y”.

Date **Small Change Noticed**

My Reflections

Unit 1: Lesson 1 & Lesson 2 'What Exactly Is Mindfulness' and 'A Little Extra on 'What Is Mindfulness'

Angela's Key Points:

- Mindfulness enables us to hold our mental events (thoughts, feelings, urges, sensations etc.) in awareness and that means we can learn not to get hooked into them or be hijacked by them and end up with them in the driver's seat of our lives. This enables us to make choices rather than just react to things.
- Mindfulness is 'just noticing' (not adding our interpretations and judgments)
- Each phrase of Jon Kabat-Zinn's definition of Mindfulness tells us something important about what it is, and also points to the benefits that we might get from practising Mindfulness

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Are you surprised by anything you've heard in these presentations? From what you've heard so far, what aspects of Mindfulness do you think might be most helpful to you? Have you noticed times today when you got 'hooked in' to thoughts, feelings or other mental events? How easy or difficult is it for you to 'just notice' things without judging them or adding interpretations? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 1: Lesson 3 and 4

- **'What Exactly Do You Do When You Do Mindfulness'**
- **A Little Extra on 'What Exactly Do You Do When You Do Mindfulness Meditation'**

Angela's Key Points:

- Mindfulness meditation is about just noticing what is happening in the present moment – just noticing the 'mental events' which flick over your mental radar screen. There is no other 'goal'. Mindfulness meditation does not involve thinking about anything or doing anything, it just involves 'being'.
- Each time your mind wanders off during meditation (or in everyday life) and you notice this, and bring it back to the present moment, you are 'training your attention muscle' – like doing another 'rep' of an exercise at the gym.
- It is helpful to do both regular, ideally daily, Mindfulness meditation and use the 'Everyday Mindfulness' tools.

My Key Points

My thoughts, wonderings, noticings and questions ...

For example: Have you noticed any times when you were stressed and started to 'lose perspective' and get caught up in detail, or unable to let something go (i.e. you get very 'zoomed in')? Do you think you would benefit from spending more time in a 'perspective space' (i.e. when you are able to see things in perspective and see the bigger picture) or do you already do this well? Would you benefit from being able to 'Zoom in' more effectively and concentrate more fully? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 1: Lesson 5 'A Short and Simple Mindfulness Meditation To Try' – Breath-Counting Meditation

Angela's Key Points:

- Count 1 for the in-breath, 2 for the out-breath, 3 for the in-breath, 4 for the out-breath etc.
- Count your breaths up to 10, then start again at 1. This is important – don't just carry on counting past 10.
- If you find you get hooked up in a thought or feeling, as soon as you realise this, start counting again at 1.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: How easy or difficult is it for you to just count your breaths, without your mind wandering off to think about something else? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 1: Lesson 6 - 'Some Myths About Mindfulness'

Angela's Key Points:

- It is normal and natural for our minds to get caught up in our mental events. We aren't doing anything 'wrong' when this happens. Simply, as soon as you notice it has happened, bring your attention back to the focus of your meditation.
- Mindfulness involves cultivating the ability to be non-judgmental and moving away from a habit of categorising things as right or wrong, good or bad.

My Key Points

My thoughts, wonderings, noticings and questions ...

For example: Are any of the 'myths' things that you had previously believed were part of Mindfulness? How challenging will it be for you to 'just sit', without actively using your mind to think, problem-solve, visualise etc.? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 1: Lesson 7 “Practical Tips for Meditation”

Angela’s Key Points:

- Adopt an upright but relaxed posture with a goal of ‘falling awake’ and being aware.
- Let go of any expectations of what you think ‘should happen’ in meditation, and instead ‘just notice’ what happens in the present moment. Focus your attention on counting your breaths (Breath counting Meditation) or on the sensations of your breath (Mindfulness of Body and Breath meditation), and just notice any mental events that pass over your mental radar screen (thoughts, feelings, urges, sensations, images etc.).
- ‘Note’ i.e. silently name these mental events in an ‘observer-stance’ kind of way e.g. “thinking” or “sadness” or “worry thought”
- It can be helpful to imagine putting the thoughts, feelings etc. onto leaves in a stream or onto the baggage carousel.
- It takes time for your mind to learn to be more still. Be patient and compassionate with yourself as you ‘train your puppy’.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Are you able to remain alert and awake during your meditation times? If not, do you need more sleep? If so, how will you improve this situation? How frisky or well-behaved is your puppy (mind) during meditations? Do you have a busy mind or are you able to keep it relatively focussed and still during your meditations? How are you getting on with the practice of ‘noting’ during your meditations? Do you find that visualising putting the thoughts etc. on leaves on a stream or on a baggage carousel helps? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 1: Lesson 8 'A Simple Everyday Mindfulness Practice To Try

Angela's Key Points:

- Notice, at random intervals during the day, "Where is my mind right now – in my head or 'in the real world'?" And if you notice you are 'in your head' are you in the past or the present or the future? If you notice that you are in the past or future, bring your attention back to the present moment.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: When you randomly pay attention to where your mind is – in the past, present or future, where is your attention most commonly focussed? Do you spend a lot of time in the past having thoughts of guilt, regret, 'if only I'd ...' etc.? Or do you spend a lot of time in the future worrying about things and 'what if-ing'? Would there be benefits to you to spend more time in the present moment? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 1: Lesson 8 “Mindfulness of Breath Meditation”

Angela’s Key Points:

- Simply observe the breath
- It is not a breathing exercise, so don’t try to change how you breathe

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: How did you find the ‘Mindfulness of Breath’ meditation? What did you notice as you simply put your attention on, and felt the sensations of your breath? Was it harder to maintain your attention on the sensations of the breath than it was to maintain your attention on counting your breaths? Please feel free to email Angela with any questions you may have.

My Reflections

Unit 2: Lesson 2 “Being in the Present Moment”

Angela’s Key Points:

- Mindfulness is about being able to be in the ‘observer stance’ and just notice or observe our mental events (thoughts, feelings etc.) without getting hooked into them
- Mindfulness is about being intentional (or doing things ‘on purpose’) rather than being on auto-pilot (mindless)
- Mindfulness focusses on being in the present moment. There is nothing wrong or bad about being in the past or the future. The point is to be ‘intentional’, that is, to do it on purpose, when we do this.
- Mindfulness involves developing the ability not to judge
- The only place we can make a difference in our lives is in the present moment, in the real world (as opposed to being caught up in our heads)
- Being present in our relationships is important – think about how you feel when someone doesn’t really seem to be listening to you when you are talking to them, or seem to be ‘absent’ even when they are there with you.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: How much time do you spend on ‘auto-pilot’, not paying full attention to what you are doing? Are you good at making ‘virtual movies’ – how often, if at all, is this helpful? How would life be different if you did less of this? Do you find you do much mind-wandering? How does this affect your life – how different might things be if you do less mind-wandering?

My Reflections

Unit 2: Lesson 3 “Returning to the Present Moment”

Angela’s Key Points:

- Where we put our attention has a significant effect on how we feel. For example if you put your attention on a worry, you will feel stressed, anxious, heavy etc. Whereas when we put our attention on the present moment through our senses – what we can see, hear or physically feel, we tend to feel more alert, more awake, less burdened, less ‘down’ and often more uplifted (particularly if you have a habit of spending unhelpful time in the future or past).
- **Everyday Mindfulness Practices:** Mindfulness Micro-breaks (just noticing where your mind is right now, and bringing yourself back to the present moment); Pockets of Now (dwelling on pleasant moments, consciously, during the day); and Dropping Anchor (using your senses to pull yourself back into the present moment when you get hooked into unpleasant thoughts and feelings).

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Have there been any occasions today when you found yourself on auto-pilot, focussed on something that results in you experiencing unpleasant feelings – for example worrying about a particular situation or thinking about situations in the past that you feel guilty or regretful about? If so, did you remember to bring your attention back into the present moment through one or more of your senses? Did this help? Did you find you had to ‘over and over again’ bring your attention back to the present moment, when there was something particularly difficult on your mind? (Unfortunately this awareness business is not a ‘one-off’ or ‘quick-fix’ process – we have to do it over and over again). What would be a helpful reminder / trigger to do ‘Mindfulness Micro-breaks’? What ‘Pockets of Now’ have you identified that you can make a point of fitting into your ordinary everyday life, each day? Are there times that you find particularly distressing that ‘Dropping an Anchor’ would be useful for you?

My Reflections

Unit 2: Lesson 4 “Building a Daily Mindfulness Practice”

Angela’s Key Points:

- The goal is to establish a routine so that daily Mindfulness meditation is as natural and regular as cleaning your teeth
- Identify triggers that will remind you to meditate, choose a particular place to meditate, and find ways to make it a relatively enjoyable experience to begin with. And start with ‘baby-steps’ of short meditations, unless you particularly enjoy longer meditations.
- Meditate ‘intentionally’ – that is, choose a length of time for each time that you will meditate and continue to meditate to the end of your chosen time.
- If you have a busy life your ancient ‘fight-flight’ response is likely to kick in and tell you that you can’t afford the time to meditate
- “Notice and name” your excuses, permission-giving thoughts etc.
- Be non-judgmental, compassionate and patient with yourself. If you miss a day of meditation, let that go, and resume your meditation practice the next day.
- Notice any differences in how your day goes on the days you meditate. You are likely to notice a little more calmness, a little more patience, a little more perspective, a little more energy and awareness. And this will increase over time if you ‘just turn up’ and practice (do your meditation) each day.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Each day notice how you are doing in terms of the regularity of your meditation – did you meditate today? If not, what do you need to ‘tweak’ in your plan of how this will happen. Chances are you will not establish a regular Mindfulness habit if you don’t have a plan. What excuses and ‘permission-giving thoughts’ do you notice come into your mind about why you shouldn’t meditate? (In the next Unit you will be introduced to another strategy, in addition to “noticing and naming” these thoughts, called “Implementation Intentions”). Do you notice that when you get busy and stressed, your ‘dinosaur brain’ tells you that you don’t have time for meditation or any other self-care strategies, even taking breaks? Do you listen to and give in to ‘dinosaur brain’ even though you know that breaks, meditation etc. will help you to work more efficiently?

My Reflections

Unit 3: Lesson 1 “The Importance of Intentionality”

Angela’s Key Points:

- It’s easy to mistake desire for commitment. Being aware of – by “noticing and naming” the actual *real* level of commitment we have to our goals - can be very useful, and leads to more effective action. Examples – ‘delusion’, ‘wishful thought’, ‘vague goal’, ‘goal without a plan’ (as compared with ‘clear intention with an action plan, including how I’ll deal with obstacles’ – i.e. a ‘commitment’).
- “Noticing and Naming” – puts us in the observer stance, creates space which gives us choices. The idea is to “notice and name” without judgement – not blaming ourselves or beating ourselves up for the thought or feeling.
- Intentions account for only 20 – 30% of variance in goal achievement. Adding in ‘Implementation Intentions’ doubles or triples this.
- The ‘Recipe’ for ‘Implementation Intentions’ is “When xxxx happens, I will do yyyy”. For example “When I’ve got back from my run then I will meditate”. Implementation Intentions are also really important in making a plan to deal with potential obstacles – for example “When I hear myself saying ‘I haven’t got time to meditate today’ I will remind myself that this is my ancient brain speaking, and that I have time to do at least 5 – 10 minutes, and that will make a difference to how well my day goes”.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Did you try “noticing and naming” your level of intention regarding meditating today? What effect did that have? What are likely to be your main obstacles to meditating daily? If you haven’t already worked out ‘Implementation Intentions’ for them, do so below – i.e. “When xxxx happens, I will do yyyy”. Have you experimented with using these techniques with other tasks you tend to put off? If so, how did that go?

My Reflections

Unit 3: Lesson 2 “Attitudes of Mindfulness”

Angela’s Key Points:

- It is best to come to Mindfulness with no expectations of outcomes
- Mindfulness is not a miracle cure and specific counselling / therapy may be important for dealing with specific issues
- Attitudes of Mindfulness: Non judging, patience, beginners mind, trust (in self and your feelings), non-striving, acceptance (getting real about ‘what is’), letting go. Focussing on and practicing one of these tends to help the others as well.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Did any of these attitudes surprise you? How do these attitudes fit with your beliefs and values about things like trying hard or pursuing success, aiming for perfection etc.? Can you see how you can still keep and believe in your own values without being judgmental of others or yourself? Do you struggle with accepting ‘how things are’ and get caught up in lots of ‘shoulds’? If so, could there be value in cultivating acceptance and non-judgment? What else came up for you listening to this presentation?

My Reflections

Unit 3: Lesson 3 “Benefits of Mindfulness”

Angela’s Key Points:

- The benefits of Mindfulness include more happiness, less stress, better concentration, increased calmness, reduced concentration, less anxiety, and improved mood among other things.
- Mindfulness practice changes the physical structure of our brains. How cool is that!

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Of the small signs that you identified when you set your goals at the beginning of the course, what small improvements are you noticing? Are you noticing any other positive changes that weren’t on your list? If so, what are these? Remember, it’s still ‘early days’ in terms of your Mindfulness practice. The Monash programme went for 5 weeks and you are only up to Day 19 in this Kick-starter course. Be patient, and look out for any small positive benefits that may be beginning to show up.

My Reflections

Unit 4: Lesson 1 “Mindfulness of Thoughts”

Angela’s Key Points:

- Being able to be aware of our thoughts (metacognition) is an important psychological skill. This is what we practice when we step into ‘the observer stance’
- Our thoughts, if we are not aware of what is happening, often have us over-generalising and exaggerating situations, doing worst-case scenario thinking and making unhelpful interpretations
- “Notice and Name” is a really useful skill. Examples: Thinking, Planning, Worrying.
- It can be helpful to be more specific when we “notice and name” unhelpful thinking patterns e.g. “Worry Thoughts”, “Worst-case Scenario thinking” (or “Doing Scenarios”), “What-iffing”, “If only Thoughts”, “Should Thoughts”, “Mind Reading”, “Crystal Ball Gazing”, (imagining you can predict the future), “Expectations” etc.
- We can’t tell ourselves to ‘just stop’ having these thoughts – instead the “Notice and Name” technique can be more helpful
- **Everyday Mindfulness Practice:** The “Thank you Mind” technique – without judging the thought, with a bit of a smile, with patience, but with slight amusement – like “Whatever”.
- **Mindfulness Meditation:** 10 minute Mindfulness of Body and Breath meditation. “Note” any thoughts or feelings that hook you in and take your attention away from the meditation.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: How are you doing with ‘being in the observer stance’ in your meditations? What about during your everyday life – are you starting to get better at noticing what your mind is doing? Do you notice that your mind, when left to its own devices (i.e. without awareness) can exaggerate, over-generalise, make unhelpful assumptions and interpretations, create worse-case scenarios etc.? What are the unhelpful ways of thinking that your mind most easily falls into? Are there any patterns that weren’t listed in the presentation – if so, what are they? Have you tried to tell yourself to “just stop it” regarding unhelpful thoughts? Does it work – and if it works, does it last? Have you experimented with “noticing and naming” your unhelpful thinking patterns? Has this been helpful? Have you tried the “Thank you Mind” technique? Did it help? What did you notice? And how do you find the longer meditation?

My Reflections

Unit 4: Lesson 2 “Critical Self-talk”

Angela’s Key Points:

- Critical self-talk is very common, and the more we do it, the more we strengthen this neural pathway, so the more likely we are to do it. It is a habit worth breaking. And it is more likely to happen the more stressed we are (as it is fuelled by hypervigilance).
- Criticising ourselves in the hope that it won’t hurt as much if others criticise us is an unhelpful strategy
- Self-validation is an important skill that can be learned (and is essential for healthy self-esteem)
- **Everyday Mindfulness Practices:** The “3 Things” exercise – identify each day 3 things you can pat yourself on the back for. The challenge is to find the small achievements each day – if something was hard to do, or you thought it would be hard to do, or you didn’t feel like doing it, that counts. If you did something a little better than usual, in the circumstances you were coping with today, that counts. Be aware of the mind’s tendency to ‘discount’ these small achievements by telling you they don’t count. It is counting the small achievements that will make the biggest difference to your self-esteem and resilience.
- “Naming the story” – Naming ‘themes’ or stories that you tell yourself frequently e.g. “The Loser Story” etc. Do this without judging the thought, with a bit of a smile, with patience, but with slight amusement – like “Whatever” (as for the “Thank you Mind” technique).
- Funny voices or putting the unhelpful thought to a tune

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Is Critical Self-talk an issue for you? If so, are there particular ‘Stories’ you tell yourself? Can you find short “names” for these stories (a name without judgment built into it) that might help you hook into them less? Have you tried doing the ‘3 Things’ exercise? How easy or difficult was it for you? Did you find that your mind told you that some or all of your examples “don’t count”? Were you able to use the ‘Thank you Mind’ technique or any other strategy to let that ‘discounting’ thought go, and pat yourself on the back for that thing anyway? (This is a very difficult skill for many people – and very worth- while practicing). Did you try the ‘Naming the Story’, ‘Funny voices’ or ‘Putting the Thought to a tune’ techniques? Did you find them useful? What did you notice?

My Reflections

Unit 4: Lesson 3 “Strategies for Dealing With Judgment”

Angela’s Key Points:

- The ‘notice and name’ skills is helpful here – name ‘judging’ and ‘comparison thoughts’
- Notice judgments, without blaming yourself for judging
- Experiment with, instead of labelling things is right or wrong, good or bad, identify them as pleasant, unpleasant or neutral
- Moving away from ‘judging’ does not mean throwing away our values, or our preferences
- Reframe things that annoy or disappoint you to being preferences rather than requirements for your happiness or to feel O.K.
- When something annoys, disappoints or makes you angry, describe instead of label – describe the situation to yourself in an objective way, as you would if you were writing a police report
- ‘Notice and name’ any of the strong feelings
- These strategies are challenging and may not feel very natural, but can save you a lot of distress, unhappiness and wasted energy
- ‘Notice and name’ self-righteous indignation (S.R.I.)
- Ask yourself – Would I rather be ‘right’ or happy

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: What do you notice when you try out these techniques? Try them out on small everyday irritations and niggles first, so you are practiced in them when you need them for more challenging situations. Does it feel ‘unnatural’ to use these strategies? If so, do you think there could be enough benefits to becoming more skilful in managing judgment thoughts to make it worth the effort to keep practising?

My Reflections

Unit 5: Lesson 1 “Mindfulness of Emotions”

Angela’s Key Points:

- Emotions are made up of thoughts, physical sensations and emotional mood or tone of the mind
- Thoughts make up the stories that we create that fuel our emotions
- It’s useful to notice our thoughts and stories, because once we notice them, we have choice around whether to continue with them.
- Noticing our physical sensations is also really important, and also helps us to get out of our heads and stories, and into the present moment
- RAIN: Recognition (Notice and Name), Acceptance (without judgment, just because ‘it is already there’), Investigation (observing) and Non-identification (we are not our emotions, we experience them or have them, they are separate from the self)
- Naming emotions helps to settle down the amygdala, which helps the emotion to settle down
- Using ‘observer’ type language can help us to distance from our emotions and see it separate from ourselves – e.g. ‘there’s anxiety’ or ‘I’m having the feeling of sadness’
- The goal is not to avoid unpleasant emotions, but to acknowledge, accept, validate them (which allows them to pass)
- Mindfulness of emotions helps us to develop greater self-compassion
- Emotions are ever changing – while, when we are sad, for example, it may feel like the sadness will last for ever and will remain at the same intensity – but if we observe our emotions we will notice that they are ever-changing. “This too, shall pass” is a useful self-coaching phrase

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Were there any points in this presentation that you felt were particularly important for you, things that are useful to remind yourself of – if so, note them down here.

My Reflections

Unit 5: Lesson 2 “Mindfulness of Emotions – Experiential Exercise”

Angela’s Key Points:

- This can be a challenging exercise for some people. Please choose a ‘moderate’ level emotion, not something that is very intense or deeply personal to use in this exercise
- This exercise helps us to consciously experience the key point mentioned in the previous presentation
- In particular, it helps us to experience the power of ‘making space’ for the emotion – I think of this as emotions sometimes feel like they are very large fish in a very small pond, but ‘making space for the emotion’ helps to make a much bigger pond, and the emotion can be seen in a broader perspective
- When ‘breathing into the emotion’, ensure you are using relaxed, low slow belly breathing. Tight chest breathing can intensify the ‘fight-flight’ response and the amygdala activation and end up intensifying the emotion rather than helping it to de-intensify and pass

My Key Points:

My thoughts, wonderings, noticings and questions ...

Use this space to ‘journal’ related to your experience of this exercise i.e. write about how this exercise was for you – what you noticed, what you felt, what thoughts went through your mind etc.

My Reflections

Unit 5: Lesson 3 “Mindfulness of Emotions – Everyday Mindfulness Tools”

Angela’s Key Points:

Go through this 6-step process when you experience intense difficult emotions

- Observe – notice where and how you feel the emotion physically, in your body
- Name the Emotion – in the ‘observer stance’ kind of way i.e. ‘there is anger’ or ‘I’m having a feeling of envy’
- Breathe into the emotion (belly breathing), with compassion and acceptance, making space for the emotion. Aim to ‘soften and flow’ with the emotion
- Allow the emotion to be there, because it already is there. Make peace with it.
- Widen your focus – notice what you can see and hear around you
- Re-engage with the ‘task at hand’

Follow your own inner wisdom as to whether this technique is suitable for you.

If you don’t feel comfortable with the 6-step process, try to persevere with the steps of ‘Naming’ the Emotion, and not judging yourself for having the emotion.

I encourage you to practice ‘noticing and naming’ emotions, with compassion for yourself and without judging yourself for having the emotion, multiple times during your day. Practice with small, everyday emotions like irritation, frustration, small disappointments etc so that you are able to use it when you need to for more significant and/or intense emotions.

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: What do you notice when you use these 6 steps as a tool for being with your emotions? What do you notice when you just ‘notice and name’ the emotion, and refrain from judging yourself for having the emotion.

My Reflections

Unit 5: Lesson 4 “Secondary Emotions”

Angela’s Key Points:

- There are only a small number of emotions that are considered ‘primary’ i.e. occur across all cultures – Joy, Love, Interest / curiosity, Sorrow, Surprise, Fear, Disgust, Guilt, Anger
- Secondary emotions come through a filter of thought processes such as judgments, assumptions, beliefs, interpretations
- Secondary emotions are a second layer of suffering and are ‘self-inflicted’
- ‘Second darts’ often trigger more second darts through associative neural networks (e.g. ‘pity parties’ or other ‘feelings parties’)
- Most second darts reactions occur when there is no first dart
- ‘Noticing and naming’ is a useful strategy with secondary emotions

My Key Points:

My thoughts, wonderings, noticings and questions ...

For Example: How much impact are unhelpful secondary emotions having on your life? What do you notice happens when you ‘notice and name’ the feeling or ‘judgment’? Or notice and name the ‘story’ that contains the assumptions, beliefs or interpretation fuelling the secondary emotions.

My Reflections

Unit 6: Lesson 1 “Taking In The Good”

Angela’s Key Points:

- Our minds are ‘velcro’ for our negative experiences and ‘teflon’ for our positive experiences
- Unless we actively, intentionally practice ‘taking in the good’ we will absorb considerably more negative than positive
- HEAL – Have (bring to mind a positive experience and be fully ‘with’ that experience, or if you are having a positive experience in the moment, be fully in that moment), Enrich (enrich the experience – expand or heighten or intensify it in your mind and aim to experience it for 5 – 10 seconds or longer), Absorb (let it in, really dwell on it – you may also like to physically bring your arms around your chest i.e. embracing yourself, to further enhance this step). Link (an extra step we can take where we link a positive experience with a negative one as a way of healing the negative experience – more details on this in the book ‘Hardwiring Happiness’.
- Potential candidates for ‘having’ - Notice something pleasant in the present moment – relaxed sense of breathing, sounds, sights etc, notice something good in your immediate surroundings, think of something you are grateful for, bring to mind a person or pet who makes you feel cared about, bring to mind some-one you like, think of situations that help you feel strong, peaceful, grateful, happy, loved, loving etc.
- It’s important to notice the many ‘ordinary’ good things in our lives, not just the new or big things that are good
- For a relationship to survive we need a ratio of 5 positive to 1 negative interactions, for a relationship to thrive we need a ratio of 20 positive to 1 negative interactions
- Cultivate the practice of ‘passing on the good’ as well as ‘taking in the good’

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Do you find yourself dwelling more on the negative than the positive? How do you feel about the idea of ‘dwelling’ on positive experiences (e.g. using the first 3 steps of the HEAL process)? Could you benefit from ‘passing on the good’ more often in some of your relationships? Record your reflections here ...

My Reflections

Unit 6: Lesson 2 “Savouring”

Angela’s Key Points:

My Key Points:

- Consider what it would be like to ‘savour’ many other aspects of your life in this way
- Savour can help us to enjoy the good moments in our lives more fully, notice more of the everyday good moments, participate more fully in life, be more fully present with the people with love, develop gratitude and appreciation and these things help us to spend more time in the ‘relaxed and focussed’ physiology
- **Everyday Mindfulness Practices**
- Choose to ‘savour’ more of your everyday pleasant moments
- ‘Three Things’ Exercise – Three things I can pat myself on the back for ... (as introduced in Unit 4, Lesson 2 ‘Critical Self-Talk’)
- Gratitude: "Choose 3 things you're grateful for every day and within 3 weeks you'll notice a significant difference in your level of happiness" Dr. Daniel Amen
- Challenges such as ‘100 Days of Happiness’ Challenge

My thoughts, wonderings, noticings and questions ...

For example: How was the ‘raisin’ exercise for you? What did you notice by slowing down the process of eating one raisin in this way? What are some of the things in your everyday life that you could choose to ‘savour’? What would be some of the benefits of doing this?

My Reflections

Unit 6: Lesson 3 “Where To From Here”

Angela’s Key Points:

- This course is a basic introduction. If you want to go deeper into meditation I recommend you find a teacher who can help you develop your practice as part of a face-to-face sitting group.
- It is still ‘early days’ with your Mindfulness routine. It will require daily ongoing discipline to maintain your practice – and it’s worth it!

My Key Points:

My thoughts, wonderings, noticings and questions ...

For example: Do any of the groups or resources mentioned appeal to you as a way of helping you to keep on with regular daily Mindfulness practices? If so, which ones, and when do you plan to take the next step with these? Also, make a note of any and all changes you have noticed in your everyday life as a result of practising Mindfulness. If possible, make a list of even the smallest changes that you have noticed. Getting clear about the benefits to you of doing daily Mindfulness practice will help you to stay motivated to keep up the habit.