

# Week 3 Practice Exercises

1. Continue to practice the all skills shared in previous weeks' exercises.
  - One in one: Do 1 thing mindfully for 1 min each day.
  - Practice basic assumptions: how did outcomes change?
  - During the week notice transactions - which could have had a different outcome?
  - Notice empathy. Notice sympathy.
  - Notice when you felt validated AND when you didn't.
  - Notice judgements vs being judgmental.
  - Notice habits you have to help you be present with your client/co-worker/family.
  - Pick one missed opportunity for validation. What you could have done differently?
  - How did validation opportunities change outcomes?
  - Notice cues/habits, mental/physical, you have to help you be present with your patient/co-worker/family.
  - Practice Distress Tolerance Skills - STOP, TIP, Half Smile, Willing Hands, Radical Acceptance. Notice your level of distress before and after your skills practice.



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2. Practice Emotion Regulation Skills. Notice how you were feeling before your practice. How did you feel afterward?

Choose 2 to share with the group.

3. Identify 1 pleasant activity or event you would like to add in your life. List 3 steps you will take to make this happen.

What will it take? What will get in the way?

