

Week 3 Practice Exercises

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?



Week 3 Practice Exercises

1. Continue to practice the all skills shared in previous weeks' exercises. Choose any 3 practice exercises to share with the group.

Previous weeks:

1. One in one: Do 1 thing mindfully for 1 min each day
 - Practice basic assumptions: how did outcomes change
 - During the week notice transactions - share 1 transaction which could have had a different outcome?
 - Notice empathy. Notice sympathy.
 - Notice when you felt validated AND when you didn't
 - Pick one missed opportunity for validation. Share what you could have done differently.
 - How did validation opportunities change outcomes?
 - Practice Distress Tolerance Skills - STOP, TIP, Half Smile, Willing Hands, Radical Acceptance. Notice your level of distress before and after your skills practice.

