



SELF-GUIDED AWARENESS WORKBOOK

Guide for developing awareness and
utilizing grounding techniques.

Rhonda Shields DCBT LPCC



Hello, I am
YOUR THERAPIST



Awareness can be both a tool that helps self-improvement and a means to self-improvement.

This workbook is an introductory guide to improve awareness. Regardless if you do in person therapy or engage in a self-guided self-improvement program, awareness is the BEST place to start. No matter the message or how quality it is delivered without the ability to reflect, the message will not find a new home.

This guide when followed does provide a basis to build that awareness muscle to help to lead that healthy happy life no matter what comes!

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Mindfulness Attention Awareness Scale (MAAS)

Please indicate how frequently or infrequently you CURRENTLY have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item
 1 - Almost Always, 2 - Very Frequently, 3 - Somewhat Frequently, 4 - Somewhat Infrequently, 5 - Very Infrequently and 6 - Almost Never

1 I could be experiencing some emotion and not be conscious of it until some time later.

2 I break or spill things because of carelessness, not paying attention, or thinking of something else.

3 I find it difficult to stay focused on what's happening in the present.

4 I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.

5 I tend not to notice feelings of physical tension or discomfort until they really grab my attention.

6 I forget a person's name almost as soon as I've been told it for the first time.

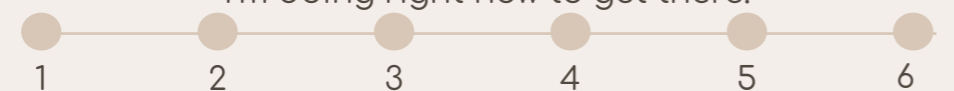
7 It seems I am "running on automatic," without much awareness of what I'm doing.

8 I rush through activities without being really attentive to them.

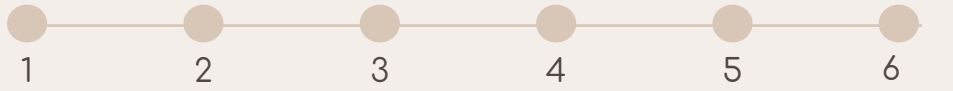
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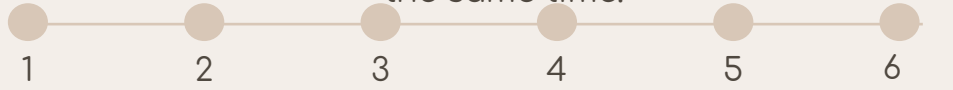
9 I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.



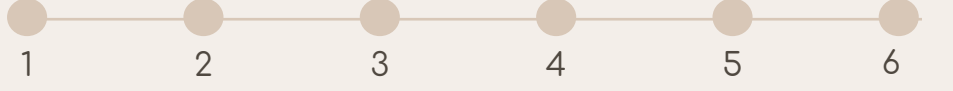
10 I do jobs or tasks automatically, without being aware of what I'm doing.



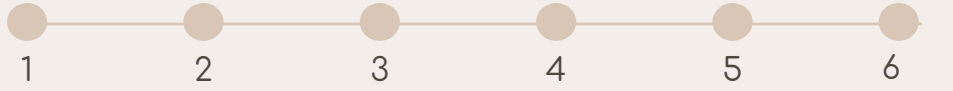
11 I find myself listening to someone with one ear, doing something else at the same time.



12 I drive places on 'automatic pilot' and then wonder why I went there.



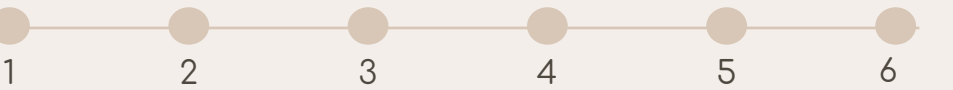
13 I find myself preoccupied with the future or the past.



14 I find myself doing things without paying attention.



15 I snack without being aware that I'm eating.



MAAS is valid and normed assessment by Brown and Ryan, 2003. If you would like to learn more: Brown and Ryan, "The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being" Journal of Personality and Social Psychology, American Psychological Association, Inc. 2003, Vol. 84, No. 4, 822-848

Mindfulness Attention Awareness Scale (MAAS)

1

Add up the numerical value for each question. If you reported almost always for the answer to the first question then that question would have a value of 1. Very frequently = 2, somewhat frequently = 3, somewhat infrequently = 4, very infrequently = 5 and almost never = 6. Put that number here: _____

2

Take the number from step 1 and divide by 15. Be sure you have answered every question as this screening tool uses averages. For simplicity round your answers to no more than two decimal points. Put your answer here: _____
This is the score.

Interpreting your score:

The authors of the MAAS didn't create a low, moderate or high scaling. Instead the higher the score, the greater degree of awareness, more likely to be self-reflective and receptive to internal state & external environments. The lower the score less likely to be self-reflective and have awareness of the external environment and of overt behaviors. So what is a lower score and a higher score?

Brown and Ryan in 2003 published their study validating the MAAS and tested various groups. They reported a mean score of 4.22 so to create ranges for ease in understanding, we can add and subtract the standard deviation from the mean. 95% of all scores lie between 2.96-5.48 (which is two standard deviations from the mean).

Lower scores: range from 0 to 3.58. Scores in this range are more likely to have varying but low awareness in self-reflection, awareness of behaviors and/or environmental awareness.

Moderate scores: range from 3.59 to 4.22. This group will exhibit more self-reflection be aware of their behaviors and have higher awareness of the external environment. This group will likely show varying degrees of awareness.

Higher scores: are scores above the mean score of 4.22. And like the moderate score will exhibit far more self-reflection and have a greater degree of awareness of the external environment. This group will likely show much more awareness of both internal and external environments and of their behavior.

How to use these score: You are doing one thing that can improve your score and that is learning awareness! So if your score is low, then you can see improvements over time by participating and exercising awareness.

What is Awareness

What is Awareness? Awareness is a "buzz" word that has popped up in media, meditation and therapy. But what does it mean?

According to Webster, awareness is the state or ability to perceive, to feel, or to be conscious of events, objects, or sensory patterns.

There is a part of our mind that is actively gathering sensory data from sight, sound, touch, smell, taste and thinking. The purpose of this gathering is to decide in the moment if we are safe. Most of the gathering does not register on any conscious level unless something occurs that needs our attention.

As you are reading this you are likely unaware of that sensory data gathering, but the moment I say "left foot" you now bring your focus to the left foot. So how is your left foot doing right now? Take all your attention to that foot. What do you notice? What can you feel about your left foot? Feel sock maybe or shoe or the floor or other surface beneath it? Is it cold or hot? Any tingling? Any thoughts about your left foot?

Body Awareness Body awareness is basically the focus or attention we put into our physical body. The short exercise of focusing on your left foot is an example of body awareness. Generally these processes are to alert us to changes or needs within the body. Pain is an alert to let us know that we are doing something with our body that could be damaging. Changes such as thirst or stomach growling are to alert us to

physical needs. Emotions are sensations in the body.

Situational Awareness When learning the system of retraining the brain that is Rational Living Therapy, first before we can do anything we have to be situationally aware. That means that we have to know what is going on in our environment. We can be driving to work listening to the radio and watching the road. We aren't paying attention to the car, but the second the check tire light comes on, we immediately pull our attention to the alarm to assess 1. what it is and then 2. what is required for us to do in that moment. That is basically situational awareness. It is paying attention to those things happening within our environment.

Mental Awareness This is another critical skill in Rational Living Therapy. Our heart pumps blood and our brain, among other things, pumps out thoughts. It is constant! And repetitive. According to a recent report on thinking, psychologists believe that up to 90% of our thoughts are repeated.

Try this exercise: Find something to gaze at for a few moments. Just breathe and listen. Very quickly as you just sit, stare and breathe, your mind will begin it's ticker-tape parade of thoughts. After a few moments, think about the thoughts that popped into your head. Did they have a theme? Were you planning, thinking about an upcoming meeting, grocery list or thinking about something in the past? Or were you trying to figure out what the point of this exercise was? Being aware of those thoughts is mental awareness.

Why Do We Care

"Increased awareness of self is both a tool and a goal." (Fenigstein et al, 1975)

**Situational -
Attending to events
in the environment**

**Body - being in tune
with the sensations and
signals within the body**

**Mental - knowing
what the thoughts are
in the mind**

Why is Awareness important?

Dr. Gendlin working and writing in the 1970's asked the question, why do some people succeed in therapy and others don't? He and his graduate students studied hours of taped therapy sessions and found a theme. Clients who were internally focused or practiced awareness created change and those that didn't have that internal focus, weren't successful. He developed a system that is called Focusing and is still taught today.

Successful change

It definitely goes to reason that a process of being aware of what is going on outside of ourselves and an inner awareness of body and mind would result in increased ability to make changes. We are then in a much better place to understand what is going on and be able to apply changes that will result in improved mental and emotional states.

Awareness Matters We often believe that our emotions are mysterious things that happens to us, that originates outside of us and is caused by external events. Thankfully that isn't the case and emotions aren't mysterious at all. Emotions are experienced even by animals and are important for social interactions. Without going into detail (we discuss this extensively in Rational Living Therapy) our emotions are patterns related to our

reactions to things in our world. Our reactions are an internal process within our own brain and then in a healthy brain, these reactions result in emotional responses. It is important to distinguish that our reactions are thoughts in our head and emotions are physical sensations in the body. And both thoughts and associated emotions are in three broad categories of positive, negative and neutral.

This is where awareness is important. If we are so unaware that we cannot determine what thoughts pop into our minds or what sensations we feel in our body, then by extension, we are going to be unable to make changes that will affect this cycle.

Negative Feedback Loop Have you ever experienced a time when emotional responses tended to get out of hand? Maybe this is in the form of a panic attack or crying spell or an anger episode. If so, you were in the midst of a negative feedback loop. We react to something (have a thought) and then the biological signals are sent out and our body has the sensations we call emotions. If we continue this cycle of reaction/emotion over and over we will become more and more upset. Here again awareness is a critical skill in recognizing and interrupting this feedback loop.

History of Mindfulness Meditation

Mindfulness

You may have come across references to mindfulness or meditation. Maybe a therapist or coach suggested meditation. There's good reason, meditation on its own without any form of therapy has seen significant reductions to depression, anxiety, pain, social phobias, and trauma responses.

History The oldest documented text of meditation is from India, from the Hindu traditions of Vedatism, from around 1500 BCE. Hinduism is one of the oldest religions that began and developed over thousands of years in the area of India. Buddhism began in the same region and integrates many of the same ideas. Buddhism taught the eight fold path to end suffering and to gain freedom for practitioners. Meditation was a tool that the clergy used to move towards enlightenment and typically wasn't practiced by the lay persons. Increase in trade with the east brought these ideas west but it wasn't until the last few hundred years did the ideas firmly take root in the west.

By the 1970's Buddhism and a more secular form moved west. Now we have temples, meditation centers and many opportunities to learn and study mindfulness in the various forms of Buddhism such as Zen and Theravada traditions.

Another tradition that has brought mindfulness practices west is Yoga.

Yoga is basically a moving meditation in which the practitioner brings full attention to the body as they move through various poses. There are several forms of meditation that comes from this tradition such as yoga nidra (body sleep mind awake).

Mindfulness and Therapy

Meditation as a practice has shown considerable benefits when it comes to our mental health. Some studies have demonstrated that reductions upwards of 30% in symptoms of depression and anxiety with mindfulness practices.

There are many forms of therapy today that integrate meditation or mindfulness practices. Marsha Linhan developed Dialectical Behavioral Therapy (DBT) which at its core has mindfulness practices. In order to develop emotional regulation, she believed that the person has to develop awareness. Another Cognitive Behavioral Therapy has a very formalized core of meditations called Mindfulness Based CBT (MiCBT).

Several others were developed to reduce stress called mindful-based stress reduction (MSBR) and mindfulness based cognitive therapy (MBCT).

Rational Living Therapy doesn't utilize meditation, but stresses awareness and utilizes hypnosis as an avenue for change. Included in this guide is a brief discussion of hypnosis and how it compares with meditation.

Cultivating Awareness

Cortical Homunculus Man

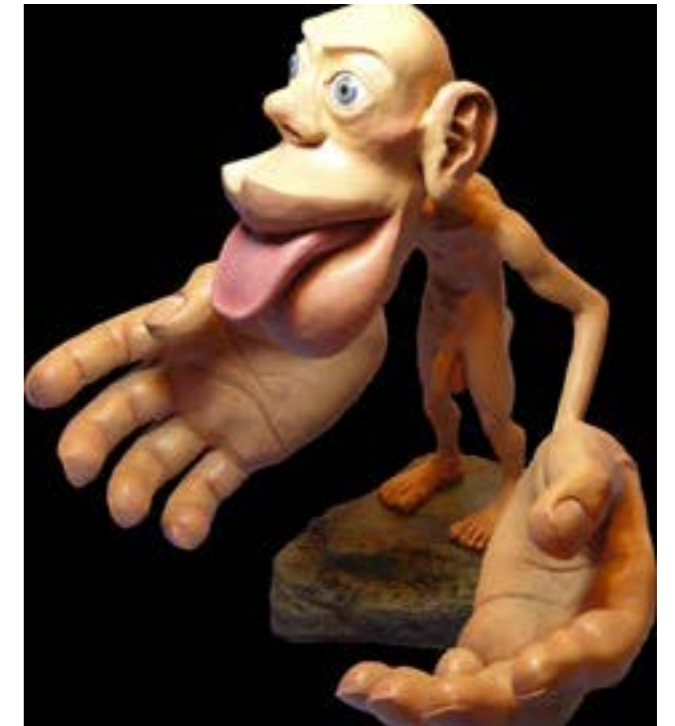
When sensing our bodies we often find that some areas are easier to sense than others. Homunculus man is a distorted representation of the human body, based on a neurological "map" of the areas and proportions of the human brain dedicated to processing motor functions, or sensory functions, for different parts of the body.

When you see the exaggerated sizes that means that there are more sensory data measured in that area. Touch of the hands are more important than what sensory data is gathered say along the ribcage. The parts of the body associated with the senses - touch, smell, sight, taste and sound - are given far more sensory bandwidth so to speak than all other parts of the body covered by skin. This makes sense given that our brain makes meaning of the world around us through our senses interacting with the world.

Experiments:

1. Touch: Have something warm or cold at hand such as a mug of coffee or a cold drink or something heavily textured like a rough rock. Now touch the object with the palm of your hand. Focus on how that feels. Now touch the back of your arm somewhere near your elbow to the same object. You might notice right away a difference between the two sensations. If not, then repeat touching the palm for a few seconds and then the skin of the arm. What differences do you notice?

2. Try this experiment. Close your eyes and bring your focus to your hands and just sense your hands.



As you do so, become aware of what sensations that you can feel. You may feel tingling or heaviness. If you feel nothing, continue to focus on your hand until you do. This isn't an activity of imagining or picturing your hand but sensing your hand. This can take some practice. Once you can feel some sensation in your hands, then think warm up hands. Think your hands getting warmer and warmer and repeat over and over, "my hands are getting warmer." After a few minutes what do you notice?

3. Lastly repeat the experiment above but this time focus on your feet. It may not be anywhere as intense.

Our body actually changes the blood flow in response to our conscious thoughts to focus on a part and that is why the part feels warmer.

Cultivating Awareness in Motion

This can be done inside or outside. You want enough room to do this activity. Note: if there are any physical limitations then modify to meet the needs of the physical body. The objective is to bring your awareness to your body and “check in”.

1. Start by standing upright. Stand so that your feet are parallel and knees slightly bent. Then stand as straight as you can. What do you notice as you stand? Do you feel the ground under your feet? Bring awareness to your midsection and see if you can sense the stabilizing muscles working to keep you upright. What are your shoulders doing?

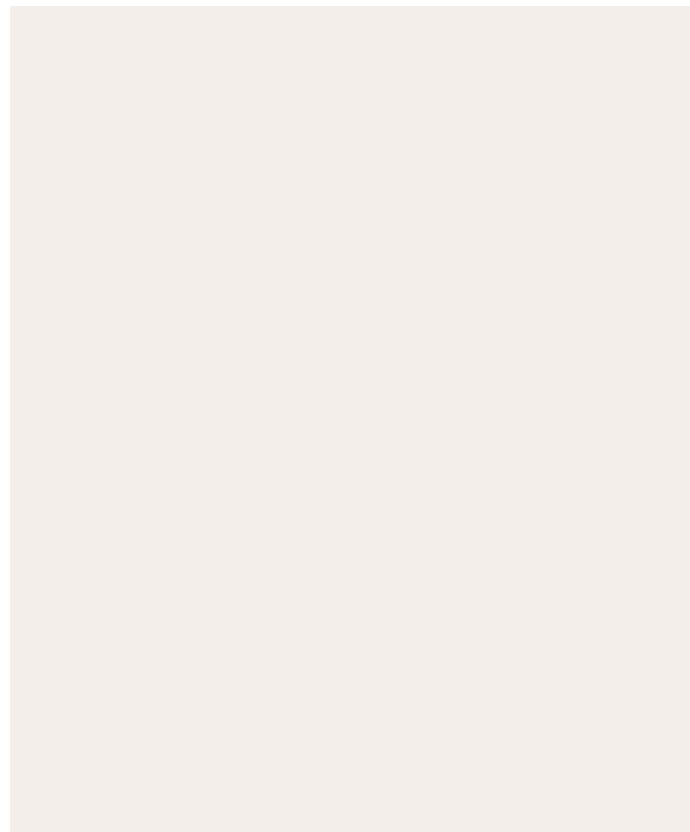
2. Now very slowly and very deliberately take a few steps forward. As you do try to feel your feet completely shift weight between steps and see how that feels. Now take a few normal steps and pay attention to your body. Then take very deliberate and very slow motion steps and contrast how that feels and what is going on in your body. It takes more muscle control to step very slowly and balance so pay attention to what muscles are working.

3. Now find enough space to be able to take at least 10 steps in one direction and time your breathing to your walking. If you can, breathe only through your nose. Breathe in, take a step and then breathe out and take another step. This takes some concentration. What do you notice is happening with your balance, with your breathing?

4. Do this measured breathing/walking a few times and take breaks

as you need. Once you have developed some balance, then try this next step. Make sure that there is plenty of clear space. Do this with unfocused gaze so that you are focusing on your body and not what you are seeing. As you take a slow step bring your awareness to your feet and try to feel them as they impact and lift off the ground. Then pay attention to your knees as they bend through the steps. Move up to your pelvis and midsection. Your chest, shoulders, arms and finally your head. Just sensing what you can. Try to do mindful walking daily.

As you walk, try to notice you noticing your body. Do you find that you pay attention or do you find that your attention wanders? If your attention wanders, stop and bring your focus back to a body part or your breath. Over time, do you find that you are able to maintain focus for longer periods?



Exercises to Cultivate Awareness

Activity: For this awareness activity you need a bite-sized piece of food. It can be a piece of fruit, a candy, vegetable, or chip. It needs to be bite-sized and it would be helpful to use something that isn't going to melt and is edible at room temperature as we're going to do some observations before eating it.

Often I have used lemon drops, red hots, orange slices or raisins. So once you have your piece of food, then go onto the next step.

Step 1: Honing observation skills of sight and touch - what does the item look like? What characteristics does it have? Is it smooth, rough, heavily textured? What color is it? Is it uniform, multicolored, various hues? What does it feel like? Is it cold, warm, wet, dry, dense, light? Is it interacting with your touch such as melting or changing temperature? Does it have a smell?

Step 2: Other senses - thinking. What do you think of this food? Why did you pick it? Is it a favorite? Why not pick something like a jalapeño? What do you associate in your memories of this food? Does it remind you of a time of year or someone's cooking or a place or event from childhood?

Step 3: Taste - This maybe a bit challenging. First make sure it is a comfortable sized bite. Once it is in your mouth, what is the first impression of the food? Any strong taste? Is it savory or sweet or both? How does it feel on your tongue? What do you notice is going through

your mind by holding a piece of food in your mouth without chewing? Are you salivating?

Step 4: Chew deliberately - We often eat standing up, or while multitasking or scrolling through our phones or watching TV and don't pay any attention to how it is to chew. So take a moment and pay attention to your chewing. Chew slowly and see if you can really taste this bite. Does the taste change as you chew? What do you notice is going on in your mouth? How do we know when food is ready to be swallowed?

You can repeat this activity as often as you would like with different foods. Then challenge yourself to be aware when you eat full meals. Be aware of what you are eating, why did you chose this food, what do you notice as you prepare to eat? What changes are going on in your body? Then how is it to eat with attention to each bite. Try to do this once a day with a meal. Refuse to scroll through your phone, watch TV or distract yourself in any way. Just pay attention to your meal, how you eat, and what it is like to eat.



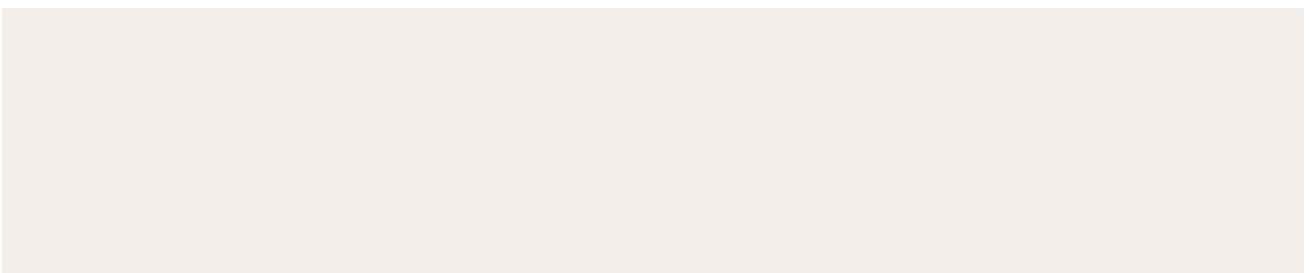
Aware of Time

You are to create two lists. The first list is titled, "What I want to experience as much as possible" and the second is "what I want to avoid as much as possible". These are basically your day-to-day goals that align with your values. Include at least 5 and up to 10 items in each list. Now look at the lists from the perspective of time devoted to each item. We all have the same 24 hours per day and we all make decisions how to spend those hours. Bring some awareness to the amount of time for each item on your list that you devote on any given average week.

<i>What I want to experience as much as possible</i>	<i>Time</i>	<i>What I want to Avoid as much as possible</i>	<i>Time</i>

When done, look over the lists and see where you are actually spending your time. If you find that you are devoting the chunk of time to those things that you wish to avoid, then it is time to consider a change.

Observations:



Hypnosis

When I explain that part of Rational Living Therapy includes hypnosis I get a couple of reactions. Some people are curious and another group are opposed. Some of the opposition is based on a variety of myths. To learn more about the myths, check out my web-page: <https://rationallifestyleconsulting.org/hypnotherapy/> Others believe that they cannot be hypnotized. When you understand what hypnosis is then you will realize why that doesn't make sense.

What is Hypnosis It is a natural rhythm of the brain. We have several brain states and one of those (theta) is the hypnotic state. It is the waves right above sleep (delta) so as we wake up and go to sleep at night we go through the hypnotic state. We also go through this state every 90 to 120 minutes. The point of this state is basically the learning state. We take in information as fact and store it so that the brain can utilize the information in an unconscious manner. Other brain states include creative state (alpha), active (beta) and "in the zone" state such as a runner's high, deep meditation, completely engrossed in creating music, art, etc (gamma).

When someone is in the hypnotic state, ideas are taken into the brain as fact and learning is quite immediate. The deeper the state of hypnosis the fewer repetitions required to learn something. When hypnosis is for habit control or emotional regulation done with a hypnotherapist then wonderful. There are times that accidental hypnosis occurs such as during times of stress. In a moment of sudden shock and confusion, we slip into hypnotic state and then everything is remembered.

Hypnosis and Meditation

Is there a difference between meditating and hypnosis? The answer is yes. Though we utilize relaxation and imagery or imagination and many of the words used are quite similar, there is one significant difference and that is of intention. Meditation is a focused activity in which we bring awareness to either a body part or breathing. Hypnosis is about rewriting a change directly into the unconscious mind. If you want to quit smoking, then meditation can increase awareness, help you to gain some distance from the urge thoughts and sit with the discomfort of withdrawals. Hypnosis on the other hand, teaches the unconscious mind that smoking is no longer needed as the person is a nonsmoker, has new coping tools and sees cigarettes as poison for example. Meditation is far more indirect and hypnosis is often more direct.

That said, there are of course exceptions. Hypnosis can be very indirect with use of metaphors. The mind makes meaning from the metaphor. Someone may see deression as though they are stuck and the hypnotist may use a metaphor of a princess in a castle imprisoned by a witch and endeavoring to break free.

Mediation is often body sensation focused and hypnosis is about changing thinking. There is some overlap as some mediations focus on changing our relationship with thoughts and some hypnosis sessions include body awareness.

Aware of Surroundings

So often we may go about our days without much thought or conscious awareness of the environment we live in. If we lived in a war zone we may pay a lot more attention. Think for a moment about your drive to work or going to the grocery store. Most of us make that drive so often that we tend to take the same route and it becomes routine. The brain uses huge resources of energy so it loves shortcuts to reduce energy. When we are in routine moments, our brain often goes into autopilot so to speak. Is it any wonder that most accidents are within a few miles of home because it is at those times that we are coasting in awareness and not paying attention very closely.

These activities are all about taking our awareness to the world outside of us.

1st

Observe your immediate surroundings. Simply look around you right where you are at. What do you see? Try to experience the space that you are in as though you never saw it before or if you were to describe it to someone who is blind and cannot see the space. Use as many details as you can such as colors, shapes, dimensions, items in the space. What textures are in the space? What covers the floor and walls around you? Look at the items in the space. Do you like them and why or why not? Do some of the items take your mind away to a memory of purchasing an item or of the person that gave it to you? Just notice anything that comes up. Did you find that you began with your outside experience and it became an interior experience?

2nd

This activity is done with someone else. As you talk to someone, notice as many details of the other person from height to body shape to what the person is wearing. Also notice how they hold themselves. What mood do you think that the other person is in and what gives you the impression? We have mirror neurons in the brain that helps us match another person's facial expressions and helps us to understand how they are feeling. Do you notice if you change expressions to match the other person? Try smiling and see if there is a reaction from the other person. Does the other person have certain mannerisms? Do you notice anything about yourself as you pay attention to the other person?

3rd

Take a moment every day for a week and keep notes. That moment is to stop, look around and notice where you are at. What is going on? What do you see? What are you doing? What can you see, feel, hear, smell and taste? What impressions of the moment do you have? What thoughts are going through your mind? How do you feel in your body in that moment? This is an activity that actually requires to be aware of outside of you, inside the body and what is going on in the mind. Try to do this at different times in different activities and just experience what's going on for you.

Grounding

Grounding - is an effective tool to bring someone back into the moment. Anxious thinking usually sends us into the future and emotions like regret, guilt, depression are often past ruminations. So the upset derives from something that hasn't happened or has happened but can't be changed. With these approaches, practice daily one or all so that in a moment of stress, you can remember to ground yourself and benefit from the practice.

Grounding is as it sounds, grounding yourself to this moment. As the wise Grand Master Oogway said, "Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called present." (Kong Fu Panda).

1st

Approach

5-4-3-2-1 is a technique in which we stop, name five things that we can see, 4 things that we feel, 3 things that we hear, 2 things that we taste and 1 thing we smell. It isn't as important to stick to the actual number but to become connected to the senses and what is being felt by the body in this moment.

2nd

Approach

Another technique is to keep a token on you - a ring, necklace, favorite coin, something that you can carry or do already carry on your person every day. When you find yourself anywhere but the present moment. Touch the object and remind yourself where you are, what the day is, time, look around and name the things that you see. Some people find having a mantra helps such as, "I am safe in this present moment." or repeat Oogway's wisdom.

3rd

Approach

Focusing on the breath - The breath is one thing that we take with us everywhere. Basically the practice is start with focusing on the tip of the nose and breathe. Try not to change your breathing. Do you feel the breath in the nose, throat, chest or belly more? You can count your in and out breaths or even say breathing in and breathing out. Keep your breath as normal as possible and if your mind wanders bring your focus back to your breath.

4th

Approach

Grounding Chair. (Allen, 2019). Start by finding a comfortable chair to sit in and close your eyes. Make sure your feet can touch the floor. Start breathing in and exhaling to the count of 3. Bring your focus to your body next. Notice how your body feels and how your legs and feet feel. Notice how your back feels against the chair. Notice the texture of the fabric and how the seat feels. Next, imagine your feet are pushing down into the ground. Picture your energy draining down from your mind, and out through your feet into the Earth. As the energy drains from your head, notice how each part of your body feels as you relax those muscles. Feel this sense of relaxation going down your legs, through your feet and down into the ground.

Where the Rubber meets the Road

You've completed the exercises over the last few weeks and noticed that a few things have changed. Maybe you are eating with more awareness to the taste, amount you are eating and how. Or maybe you found yourself navigating your home with fewer bruises from doorways and furniture. Perhaps you are paying more attention to those sensations in your body or your surroundings as you drive to work. Hopefully you are able to distinguish the thoughts that go through your mind.

What to do with this new

found skill? As mentioned earlier, awareness is both a skill and a goal. With more awareness you are able to discern what reactions you are having to events in your life and the resulting emotional responses. By being aware of this thought/emotion cycle can change this cycle. Through observation, we make changes.

Experiment time: To do this, sit in a comfortable chair and be in a place where you won't have distractions. Now breathe normally through your nose. After a few breaths, bring your awareness to the tip of your nose. Don't breathe differently and instead simply focus on the breath as it comes in and out at the tip of your nose. Try to observe for five to ten breaths. Were you able to just observe without changing the breathing in any way? Very likely you found yourself breathing a bit differently as you observed the breath.

We do tend to make some shifts in our thinking by simply being aware. Rational Living Therapy is a system that focuses quite a bit on the material that runs through our minds and causes the emotional responses.

Awareness is a critical skill in which we can step outside ourselves so to speak and observe what is going on like scientists watching an experiment.

As a goal, awareness can be very helpful in becoming less attached to the thinking. This comes more from Mindfulness than Rational Living Therapy. When we can observe and note the thoughts, feelings and actions then we are separating from the thinking/emotion cycle and not attaching to those thoughts or emotions as a part of us. In other words we have some distance from the cycle.

If you take the metaphor of a scientist observing the thoughts, emotions and actions of an individual, then it is an act of nonjudgmental seeing. That scientist can see what the issues are with that cycle and in a noncritical manner understand how that cycle can change.

Introducing the Thinking Feeling & Doing Pattern Form

On the next page you will get a chance to practice awareness and be the scientist observing the cycle of thinking, feeling and doing. Basically take either a recent or historical event (can be negative, positive or neutral) and write about it in this format

1. What happened? This is the external events
2. What popped into your head or went through your mind? Very often this takes some contemplation.
3. What emotions arose and what did you do or what actions did you take?

NOTES



Last Thoughts

After doing the work, try to test yourself once more using the Mindful Attention Awareness Scale to see what changed and what areas that you may want to further develop. Like with most skills, the more you practice the better you will get.

Awareness is a critical skill that can be helpful for benefiting from therapy to having more meaningful connections with other people. It is also a means all on it's own. The more often we are aware and observing the thinking, feeling & doing patterns that us humans engage in, the more we find the patterns and we can be less attached to those patterns.

Perhaps you would like to develop more skills and have a particular issue to work on. I offer several courses that can be self-paced using Rational Living Therapy and self-guided hypnotherapy. You can view the current course offerings at:

<https://rationallifestyleconsulting.org/courses/>

Thank you,

Rhonda

