

## Handout: Session 2 Home Practice

### Theme

Automatic reactions often lead us to make decisions in the moment without thinking of the consequences or how they may impact our long-term goals. Use this week to notice your triggers and note your stressful situations. This is not about measuring how you respond or judging you for the thoughts that arise, but this is simply about taking the time to note your big challenges.

### Home Practice for the Week Following Session 2



1. **Practice the body scan CD** on 6 days of the upcoming week, and note your experiences on the Mindfulness Practice Log.
2. **Fill out the Noticing Triggers Worksheet each day**, noting the thoughts, urges or cravings, emotions, and body sensations you experience. If no triggers or thoughts of using come up on a particular day, you can simply make note of that. You could also note other types of triggers, for example, things that bring up anger, shame, or any behaviors you would like to change.
3. **Continue with mindfulness of a daily activity practice.** You can use the same activities or choose a different one. Bring your full attention to that activity, noticing the sensations, sights, sounds, thoughts or emotions that arise.
4. **Complete the “Relationship between Smoking and Alcohol Use” handout.**