Handout: Session 1 Daily Practice

Theme

"Automatic pilot" is the tendency to react without awareness. When we experience cravings and urges to use alcohol or smoke, or engage in other reactive behaviors, we often go on automatic pilot; that is, we act upon them without full awareness of what is happening and what the consequences might be. Practicing mindfulness can help us step out of this automatic pilot mode, raise our awareness, and make more conscious choices about how we respond rather than reacting in habitual and often self-defeating ways.

Integrating Practice into Your Week

1. **Body Scan.** Do your best to practice the body scan daily between now and when we meet again. There's no "right" way to do this nor is there anything in particular you "should" experience. Just notice whatever is arising in the present moment.

2. **Mindfulness of a Daily Activity.** Choose an activity that you engage in each day (e.g., washing dishes, drinking coffee) and, as best you can, bring your full attention to the experience in the same way we did with the raisin. You may notice qualities of the object or activity as well as sensations, thoughts, or feelings that arise.

3. **Complete the Goals around Smoking and Alcohol Handout**.

4. **Quitting Smoking and What to Expect Handout** to read about the benefits of quitting smoking.

5. **Alcohol Use Information**. Provides information about what a standard drink is, how alcohol is processed, and tips for safe drinking.

6. **Complete Mindfulness Practice Log.** Fill this out each day, recording your mindfulness practice (both the body scan and mindfulness of a daily activity). Please be honest. You will not be judged in any way about how much or how little you have been able to practice each week. Note any comments you have about your experience or things that get in the way of practicing.