Handout: Session 2 Daily Practice

Theme

Most of us tend to either give in to craving or fight hard to resist it. This session focuses on learning to experience triggers and cravings differently. We begin by learning to identify what triggers us, then observing how these triggers lead to all the sensations, thoughts, and emotions that are often part of craving. We practice observing the experience without "automatically" reacting. Mindfulness can help bring this process into our awareness, allowing us to disrupt the "automatic" chain of reactions that often follows a trigger and giving us freedom to make choices that in the long run make us happier.

Integrating Practice into Your Week

1. **Practice the body scan** daily this 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. **Urge surfing and mountain meditation are also available to listen to**.