Handout: Session 4 Daily Practice

Theme

Mindfulness practice can help foster a sense of spaciousness and perspective in challenging situations. In this session, we focus on staying present in times that have previously triggered substance use or other reactive behaviors. We learn how we might relate differently to urges to use substances, and practice responding with awareness instead of reacting "automatically" or out of habit.

Integrating Practice into Your Week

1. Practice **sitting meditation or body scan daily.**

2. Practice the **SOBER breathing space** regularly and whenever you notice challenging emotions, feelings, and urges, or anytime you notice yourself becoming reactive. Use your **Mindfulness Practice Log**.

3. **Practice mindful smoking** whenever you smoke a cigarette during the next week. Remember, do not do anything else (e.g., text, have conversations, read, drive), and only focus on the behavior of smoking.

4. **Review quit-day preparation handouts** and decide what works the best for you leading up to quit day.

5. Prepare for **Alcohol Reduction Goal.**

6. Continue to track triggers on the **Noticing Triggers Handout**, if you find that useful.