Handout: Session 5 Daily Practice

Theme

It can sometimes be challenging to accept what is arising in a particular situation. However, this is often the first step toward taking healthy or positive action in our lives. For example, we might not have control over things that happen to us, emotions that arise, our current job or family situation, or people's behaviors and reactions around us. When we fight against these things, however, we tend to feel frustrated, angry, or defeated, which can be triggers for substance use or other reactive behaviors. When we accept the present as it is, *we are not being passive*; we are allowing what already is without struggle or resistance. This is often a necessary and active first step toward change. The same is true for self-acceptance; it often requires a complete acceptance of ourselves as we are before real change can occur.

Integrating Practice into Your Week

1. Practice **sitting meditation or body scan** daily. Use your Mindfulness Practice Log.

2. Practice **walking meditation at least <u>two times</u> this week**. The purpose of the walking practice is to connect with awareness of the body while in motion. You can practice this formally in private space, walking back and forth along a short path. You might also practice this informally in your daily routine, for example, when walking to the bus stop or walking your dog. If practicing in daily life, you may experiment with moving your attention between sensations of walking, the experience of seeing, the experience of hearing, and observation of the breath, resting your awareness on each for a few moments and continuing to move between them.

3. Practice the **SOBER breathing space** regularly and whenever you notice challenging emotions, sensations, or urges or anytime you notice yourself becoming reactive. Use your SOBER Breathing Space in Challenging Situations worksheet.

4. **Reading on Acceptance**. An excerpt from the book *Radical Acceptance* by Tara Brach is included to support continued exploration of acceptance in daily life.