Handout: Session 6 Daily Practice

Theme

We have had a lot of practice noticing our minds wandering. We have practiced gently returning the focus of attention to the breath or body sensations. Now we want to intentionally turn our focus to our thoughts and begin to experience thoughts as just words or images in the mind that we may or may not choose to believe. In this session, we discuss the role of thoughts in the relapse process and what happens when we believe these thoughts.

Integrating Practice into Your Week

1. Choose **your own practice** from the set of practices we've learned so far. Note your practice on the Daily Practice Tracking Sheet. Consider practicing mindful movement several times.

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

SOBER

3. Complete the **Relapse Cycle Worksheet.** Three copies are provided for you.