

Handout: Session 1 Home Practice

Theme

Automatic pilot is the tendency to react without awareness. When we experience cravings and urges to use alcohol or smoke, we often go into automatic pilot; that is, we act upon them without full awareness of what is happening and what the consequences will be. Mindfulness can help us step out of this automatic pilot mode, helping us raise our awareness and make more conscious choices in how we respond.

Home Practice for the Week Following Session 1



1. **Body Scan.** Do your best to practice the body scan on 6 or 7 days 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 or tea) 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 Daily Practice Tracking Sheet.** 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.

4. **Quitting Smoking and What to Expect Handout.** Review handout.