

## Handout: Session 5 Home Practice

### Theme

It is important and sometimes challenging to accept what is arising in a particular situations. However, this is 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 toward us. If and when we fight against these things, we tend to feel frustrated and defeated, which can be triggers for substance use. When we accept the present as it is, we are allowing what already is without struggle or resistance. The same is true for self-acceptance; it often requires a complete acceptance of ourselves as we are before real change can occur.



### Home practice for the week following session 5

1. Practice **sitting meditation or body scan 6 days this week**. Use your Daily Practice Tracking Sheet.
2. Practice **walking meditation at least two times 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 or in daily routine. If practicing in daily life, you may experiment with moving your attention between sensations of walking, the experience of seeing, 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.