

Worksheet 3: 14-day soothing challenge

Day and activity	Where did I do this, how often, for how long?	My reflections
<p><i>Example:</i></p> <p>Day 1 Mindful attention to my breath.</p> <p>Noticing when I was in my soothing system.</p>	<p>Three times – when I got up, at midday before lunch, and an hour before bedtime. I did the first exercise in my bedroom. I did the others in the living room – three minutes each time.</p> <p>When I was having a bath, when my friend called me.</p>	<p>I found it very difficult to focus on my breath. I found a pebble and found it easier to focus on that. My mind wandered a lot to my worries about overeating yesterday.</p> <p>I liked the warm water but sometimes worried about overeating. My friend's phone call was nice, we had not spoken for a while, and it helped me to feel calm and cared for.</p>
Day 1		
Day 2		
Day 3		
Day 4		

Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		