

Form 11.1: Tracking Your Mindfulness Practice

Use this form to record your experiences practicing the Guided Mindfulness Meditation and the WATCH Emotions Skill for everyday mindfulness.

Context - What was going on during your practice?	Exercise: Which mindfulness skill did you practice?	Observations: What did you notice about your experience?	Outcome: What happened next?
I was really sad because I just saw on Facebook that a former teacher had passed away	Guided meditation	It was really hard to focus at first and I was beating myself up for feeling so upset (she was really old). Urges to cut but they passed by the time I finished	Consistent with values? Yes, I was able to process the loss without hurting myself
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