

Form 13.1: Tracking Your Mindfulness Practice

Use this form to record your experiences practicing the Guided Mindfulness Meditation and the WATCH 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>A friend canceled plans at the last minute without an excuse</i>	WATCH Skill	<i>I felt really stupid at first for being mad at my friend. Over time, I noticed my feelings decreased. It turns out my friend had something important come up.</i>	Consistent with values? <i>Yes, I was able to notice my response without binge eating</i>
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