Informal Practice Log (STOP: One-Minute Breathing Space) – Week 4

What was the situation?	What was going on with you when you thought to take a Breathing Space? (body, mind, emotion)	What did you notice WHILE you were doing the Breathing Space? (body, mind, emotion)	What did you notice AFTER you did the Breathing Space? (body, mind, emotion, action)	What did you learn?
EXAMPLE *I was in a meeting where someone was saying something I knew to be untrue.*	*My heart was pounding, my stomach was tight, I felt angry and I thought "He KNOWS that's not true!"*	*Noticed my shoulders were tight, too, but when I paid attention to breath, I felt things start to loosen a bit.*	*My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place.*	*Without the break, I would have reacted automatically and said something I'd regret. I can use getting aroused as a signal to use a Breathing Space.*