Informal Practice Log (Soften, Soothe, Allow) – Week 5

What was the situation? What was happening inside? *(body, mind, emotions)*	**What was the strongest emotion you were feeling?** *(e.g. anger, sadness, grief, impatience, confusion, fear, shame, longing, despair?)*	**Where in your body were you feeling this the most?** *(e.g. tightness in chest, queasiness in stomach, ache in heart, headache)*	**How did you "do" Soften-Soothe-Allow? What did you notice while you were doing this?**	**What did you notice AFTER you did the process?** *(body-mind-emotion-action)*
EXAMPLE *My boss harshly reprimanded me in an email. I went through all the things I could say in my defense. My shoulders were tense, my jaw clenched , stomach tight.*	*At first, I was shocked, then felt like I had been kicked in the stomach, I felt vulnerable and angry, but mostly I felt hurt about how unfair he had been.*	*There was a sinking feeling in my stomach, and a tightness because I really thought I had done a good job in the document he wrote to me about.*	*I softened around my stomach, noticed I could relax my shoulders, To this part of me that felt hurt, I offered a silent "of course you feel that way – you wanted praise and you got corrections instead".*	*It was strange – even though it was me comforting me, I felt understood and less vulnerable. I was able to compose myself and think constructively about how to respond to my boss.*