

## Form 7.1: Mindful Emotion Awareness

Use this form to record your experience following completion of the *Mindful Emotion Awareness Meditation*, *Mindful Mood Induction*, or *Anchoring in the Present*.

- Mindful Emotion Awareness Meditation:** Listen to the five-minute audio recording available at <http://www.oup.com/us/ttw> and record your experience.
- Mindful Mood Induction:** Choose a song that you know will bring up emotions for you and practice observing your experience in the present moment nonjudgmentally. Record your experience.
- Anchoring in the Present:** When you notice that an emotional response is building, complete the following four steps: (1) use your cue (e.g., breath) to ground yourself in the present moment, (2) do a three-point check (thoughts, physical sensations, behaviors), (3) ask yourself if your response is consistent with what's going on right now, and (4) bring your response in line with the demands of the present moment.

Date	Practice Meditation, Mood Induction, or Anchoring?	What did you notice?			How effective were you at not judging your experience?	How effective were you at anchoring yourself in the present?
		Thoughts	Physical Sensations	Behaviors	0 - 10 (not at all) (extremely)	0 - 10 (not at all) (extremely)