

Awareness Exercise

- I am aware of
- What areas of your world were you most aware of
 - Body
 - Thoughts
 - Feelings
- Now that I am aware of



- What new awareness did you discover?
- Did you notice any area that required repeated attention?
- Any surprises?



Awareness and Observation

- Speaker
- Talk about a time when you experienced anxiety / low mood / depression
- Listener
- I look at you and I see..... and I imagine
- This gives the speaker an opportunity to share their own sense of the speakers issues and way of being.



INTROJECTS

On this side write 6

- Shoulds
- Oughts
- Musts

On this side write
what would you do
or like to do if you
didn't live by these
rules?

How much anxiety is caused by attempting
to live by these rules?


