You can use this list as an aid to describing your practice in your journal. These terms may fit your experience, or if none apply, reviewing the list might help you put your experience into words, “Not exactly \_\_\_\_\_\_, more like \_\_\_\_\_\_\_.”

Whatever you experience, whatever you notice, it’s all okay. Notice, note what it is, and then refocus.

**Thoughts that may occur**

|  |  |  |
| --- | --- | --- |
| reviewing the past | evaluating/analyzing | imagining the future |
| thinking about others | wishing/hoping/comparing | judging your experience |
| planning | labeling/cataloguing | circular thinking |

**Physical sensations you might notice**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| tingly | burning | pounding | throbbing | trembling | light/heavy |
| tight/loose | shooting | stinging | airy | cutting | tense/relaxed |
| soft/rough | prickly | pulling | burning | vibrating | cool/warm |
| stiff/flexible | numb | numb | achy | sinking | clammy/dry |
| airy/dense | shaky | itchy | pulsing | achy | dull/sharp |

**Emotional reactions you might notice**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| impatience/wanting to stop | | neutral | enjoyment/wanting to continue | | |
| release | joy | sadness | fear | grief | pride |
| disgust | surprise | anger | frustration | anticipation | shame |
| anxiety | tension | panic | boredom | sense of connection | irritation |

Adapted from “Coming To Our Senses” by Jon Kabat-Zinn, 2005