Already Here

A Practice Companion

A little attention. Room to respond.

About this book

A companion to the current published Already Here practice library.

Generated October 09, 2026 at 22:41 UTC

This book includes all published practices, variations, and short invitations, including the advanced collections. Check a box when it is useful to you; the notes lines are yours to use or leave blank.

Read in order, or choose a category from the contents. There is no requirement to complete the book. Relevant cautions stay with each practice; the full Disclaimers are at the end.

Website

https://alreadyhere.training

Contact and suggestions

https://alreadyhere.training/suggestions/

Tip jar

https://paypal.me/willrawls?locale.x=en_US&country.x=US

Contents

About this book 2

Contents 3

How to use this book 6

Core practices 8

Self 27

Contact & Body . . . 28
Space & Senses . . . 34
Shared Attention . . . 38
Returning . . . 44

Insight 48

Body . . . 48
Feeling Tone . . . 54
Change . . . 60
Wanting & Resisting . . . 64
Thought . . . 68
The Five Streams . . . 72
Self & Ownership . . . 75
Letting Go . . . 77
Goodwill . . . 77
Quiet . . . 81

Emotions 83

Invite a different feeling . . . 84
Meet a memory differently . . . 90
Untangle the knot . . . 95
Make room for calm and joy . . . 100
Loosen the grip of craving . . . 104
Give your yes and no a voice . . . 108

Anger . . . 112
Catch the rise . . . 113
Let the feeling move through . . . 116
Look underneath and alongside . . . 119
Return with a clear response . . . 121
Happiness . . . 122
Give yourself a moment off duty . . . 123
Let clarity have some room . . . 128
Welcome what is pleasant . . . 128
Practice returning, not holding on . . . 131

Abilities **132**

Attention . . . 133
Hearing . . . 142
Seeing . . . 150
Body . . . 156
Space . . . 159
Mental Construction . . . 165
Memory . . . 186
Mind Made Body . . . 190
Preparation . . . 192
Formation . . . 208
Distinction . . . 222
Self-Inquiry . . . 236
Integration . . . 250
Mental Fortress . . . 263
Fatigue . . . 279
Remembering . . . 287
Yes and... . . . 294
Stillness . . . 300
Sessions . . . 306
The cave . . . 312
Pain . . . 327

DBT **336**

Arrive . . . 336

Survive the Wave 342
Read the Body 347
Change the Action 351
Acceptance 355
Soothe 359
Relate 365

Try it here. **368**

In ordinary life **372**

Glossary **389**

Practice index **398**

Sources and links **412**

Disclaimers **414**

How to use this book

Choose one invitation. Notice what is here, try what is comfortable, and return when you choose. A checkbox records your own choice; it is not a score.

Advanced experiments are included in Abilities and marked where designated in the published practice. Use the readiness guidance and relevant cautions. Shorten or stop an experiment whenever needed.

A little more room to notice.

Stay with an ordinary experience long enough to discover another part of it. Deeper means more curiosity, with no requirement for intensity.

Hand, surface, and the words between them.

Rest a hand on a surface. Compare pressure and texture with the words “hand” and “table,” then explore sound, space, and attention.

Notes and reflections

Before beginning

Core practices

Try short experiments with sensation, movement, attention, perception, imagination, and everyday responses. Rest both hands on your lap: notice one, then the other, then both. What differs, stays the same, or is unclear?

Try the two-hand experiment → Take the short tour

The tree does not know how it grows, it only does so.

Offer conditions. Let something unfold.

Here, Somatic Arts means working with attention, sensation, perception, imagination, and response. Some practices invite discovery; others help with the next useful action.

TL;DR · A short tour of the whole project

Focused means more sustained attention, not more force. Every level leaves room for ease.

Participation begins with listening.

You can notice a breath without working out how to breathe. In the same spirit, these explorations invite you to offer a direction and leave room for a response.

Here, “subconscious” is everyday language for what happens outside conscious attention. Imagery is an invitation to explore. Sensations, instincts, and intuitions can inform your next step without deciding it for you.

1. Notice Begin with what is already here.
2. Invite Offer an image or a gentle direction.
3. Listen Give the response room. No change is a valid experience.
4. Respond Follow what feels useful, adjust, or leave it there.

Core practices

□ Roots beneath your feet

1 min

Meet the support that is already beneath you.

1. Notice

Sit with your feet resting comfortably on the floor. Notice the places of contact.

Roots beneath your feet (continued)

2. Invite

Imagine roots extending from your feet into the ground. Let the image be light and optional.

3. Listen

Stay for a few moments. Is there any sense of support, stillness, or nothing in particular?

4. Respond

Let the image go. Take that observation with you, without needing to hold onto a feeling.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

□ Room for a breath

1 min

Notice a breath without having to organize it.

1. Notice

Sit comfortably and notice where the movement of an ordinary breath is easiest to feel.

2. Invite

Imagine a little space around that movement, like an open window.

3. Listen

Allow a few natural breaths. There is no need to breathe deeper, slower, or differently.

4. Respond

Let your attention return to the room. Notice whether anything feels different, or simply familiar.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Let the shoulders settle

1 min

Compare resting arm weight with an optional coat-on-a-hanger image.

1. Notice

Rest your hands on your lap or a comfortable surface. Notice the weight of your arms.

2. Invite

Imagine your shoulders as a coat resting on a broad hanger.

3. Listen

Allow the image to linger without pushing your shoulders downward.

4. Respond

Release the image. Move however feels comfortable and continue your day.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

□ One small beginning

1 min

Give a task a small, tangible beginning.

1. Notice

Choose one ordinary task and notice your current response to it.

2. Invite

Picture only its first small action: touching a pen, opening a page, or reaching for a cup.

3. Listen

Touch the pen, open the page, or make the first action smaller. Compare starting the action with thinking about the whole task. Did the obstacle become clearer, remain the same, or shift?

4. Respond

Try that small action if you choose, or make it smaller. You can also pause.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Space around a thought

3 min

Use a page image to compare a thought alone with a thought alongside your surroundings.

1. Notice

Notice a thought that is occupying your attention. You do not have to solve it now.

2. Invite

Imagine the thought as a sentence on a page, with generous space around it.

3. Listen

Also notice the chair beneath you and one sound in the room. Let them coexist with the thought.

4. Respond

Choose where your attention goes next. The thought can still be present.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices / Variation

☐ A clear patch between tasks

2 min

Give thinking room without trying to stop it.

1. Notice

Put down the previous task and look at a simple, familiar object. Notice its color or shape.

2. Invite

Feel your hands at rest and hear one sound. Let these ordinary details join the thoughts already here.

3. Listen

Imagine a clear patch of sky around a passing thought, or silently say “thinking.” There is no requirement for silence or a blank mind.

4. Respond

Choose only the next small action when ready. Clarity can mean knowing that one step, even with unfinished thoughts in the background.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Before the words

3 min

Rehearse asking for a pause before an ordinary conversation.

1. Notice

Before a low-stakes conversation, choose a sentence you can actually use: “Give me a moment to think,” or “Could you say that again?”

2. Invite

Say the sentence at a comfortable pace, or silently rehearse it if speaking is unavailable. Notice where you rush, pause, or hesitate.

3. Listen

Try it once more with a pause before the first word. Compare the effort and pace, without trying to sound perfectly composed.

4. Respond

Enter the conversation with permission to pause or ask for time. You do not have to maintain a special state.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Hands at rest

1 min

Compare resting contact with the contact of an ordinary object.

1. Notice

Place your hands on a comfortable surface. Notice their temperature and points of contact.

2. Invite

Notice the contact of your palm and fingers separately. If moving is comfortable, lift one finger a little and set it down; otherwise compare two points of contact.

3. Listen

Compare the pressure before and after, or between the two points. Which details can you describe? Temperature or pressure may stay unchanged.

4. Respond

When ready, pick up an ordinary object and notice its contact with your hands.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ A wider view

2 min

Compare one object with the colors and shapes around it.

1. Notice

Sit somewhere still and look at a comfortable point in front of you.

2. Invite

Keep the object in view and notice a color or shape beside it. Blink and move your eyes naturally; do not strain or fix your gaze. If vision is unavailable, compare one sound with the sounds around it.

3. Listen

Switch emphasis between the object and its surroundings once. Which details became easier to notice? An unchanged or uncertain result is useful too.

4. Respond

Return to your ordinary gaze whenever you wish.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices / Variation

☐ The overlooked edges

1 min

Include what is already near the edge of your view.

1. Notice

Look naturally at a comfortable point ahead. Let your eyes blink normally.

2. Invite

Without deliberately moving your gaze, notice a color or shape near an edge of vision. Do not strain or fix your eyes rigidly.

3. Listen

Allow the center to remain while the edges join it. Blurry and indistinct information can stay that way.

4. Respond

Let your eyes move freely again. Look at a familiar object in your usual way.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Room for frustration

3 min

Use optional weather imagery to notice frustration and choose a response.

1. Notice

In a mildly frustrating everyday moment, notice your jaw, hands, or another comfortable area.

2. Invite

Imagine the feeling has room around it, like weather moving through an open landscape.

3. Listen

Notice what you actually feel. The image does not need to make the emotion disappear.

4. Respond

Choose one useful response: a pause, a small adjustment, or a clear sentence about what you need.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Follow a comfortable movement

5 min

Explore a small movement with curiosity.

1. Notice

Sit with your forearms supported. Notice how your hands want to rest.

2. Invite

Invite a small, comfortable movement in one finger or wrist. Imagine it unfolding at its own pace.

3. Listen

Explore the movement gently, pausing whenever you like. Notice differences in direction or size without searching for a correct version.

4. Respond

Let your hand rest again. Notice what you learned, then return to your day.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Compare two small choices

5 min

Imagine two options, compare your responses, then check the practical facts.

1. Notice

Choose a small, reversible decision, such as which task to start. Put the two options into words.

2. Invite

Read the first option silently, then say it at a comfortable volume if speech is available. Notice preference, hesitation, effort, or no clear response.

3. Listen

Repeat with the other option at the same pace. Compare what happened. If speaking is unavailable, read or listen to each option.

4. Respond

Consider the practical facts alongside what you noticed. Choose, postpone, or gather more information.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ Let a good moment linger

1 min

Stay with one pleasant detail, then let attention move on.

1. Notice

Notice something you appreciate: warmth from a cup, a familiar voice, or a patch of light.

2. Invite

Choose one actual detail: the texture of a sleeve, a comfortable sound, or the color of the light. Give it a few seconds. Use a neutral detail if nothing pleasant is available.

3. Listen

Describe what you noticed in ordinary words: “That feels good,” “I had not noticed that,” or “Nothing much.” There is no need to intensify it.

4. Respond

Let the moment pass when it does. Continue without trying to preserve it.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices / Variation

☐ Let a little pleasantness count

2 min

Welcome an available good sensation without amplifying it.

1. Notice

Notice something mildly pleasant already present: a comfortable sleeve, warmth in your hands, or a gentle sound. If nothing is pleasant, choose a neutral detail.

2. Invite

Give that detail a few seconds of attention. Let the rest of the body remain as it is.

3. Listen

Ask, “May this be enough for this moment?” Notice any ease or enjoyment without checking whether it is strong enough to qualify as happiness.

4. Respond

Let attention move when it wants to. Appreciating a moment does not require keeping it.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

□ From doing to resting

3 min

Mark a small ending before the next part of your day.

1. Notice

At the end of a task, put down what you are holding and find a comfortable position.

2. Invite

Offer the direction, “This part can be finished for now.” Imagine setting the task on a shelf.

3. Listen

Notice the support of your seat and let your breathing continue naturally. Thoughts about the task can still come and go.

4. Respond

Choose what comes next, including a little more rest if that suits you.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ A place to sit

1 min

Compare the contact of your seat before and after one comfortable adjustment.

1. Notice

Sit in a position that feels comfortable. Notice where your body meets the seat.

2. Invite

Notice two points of contact: perhaps a hip and a thigh, or your back and the chair. Compare pressure or texture. Use another supported position if sitting is unavailable.

3. Listen

Make one small comfortable adjustment, or remain still and shift attention between those points. What changed in the contact, and what stayed the same? No posture needs to be achieved.

4. Respond

Let your attention move outward while the support remains beneath you.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices / Variation

☐ Let the chair do its part

1 min

Invite ease through support rather than effort.

1. Notice

Sit comfortably or use another supported position. Notice the places where your weight is received.

2. Invite

Imagine the supporting surface doing its part. Allow a small adjustment if wanted, with no posture to achieve.

3. Listen

Let attention rest on contact for a few ordinary breaths. Thoughts can come and go beside the sensation.

4. Respond

Notice whether there is a little less to do. Ease, neutrality, and no change are all possible responses.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Core practices

☐ An unhurried exploration

5 min

Compare two comfortable body areas, then notice the whole setting.

1. Notice

Sit or lie comfortably. Choose a place that feels easy to notice, such as your hands or feet.

2. Invite

Notice one detail in the first area: pressure, temperature, movement, or uncertainty. Then attend to a second comfortable area and describe one detail there.

3. Listen

Switch between the two once. Are the qualities different, similar, or hard to distinguish? You can skip any area, return to the room, or finish early.

4. Respond

Notice the whole setting again. Take your time before moving on.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Self

“At my skin” is a useful physical answer. The experience of that boundary is worth a little attention.

Notice a hand meeting a table, a sound across the room, or the edge of your view. What changes when you include a little more?

The skin remains a physical boundary. Here we explore how sensation, attention, memory, and interpretation shape the experience of being here, with a world

around us. These are experiments in ordinary perception, with no conclusion about reality to reach.

What changes when attention moves?

Often the invitation is simply to change the emphasis. No change is also a response.

Sensation

What you can feel, hear, or see right now.

Attention

Which part receives the emphasis.

Interpretation

What you take that information to mean.

Mastery is mobility.

Somatic Arts is a light analogy for deliberate practice: explore an emphasis, broaden it, and return. The useful skill is choice, rather than the most unusual experience.

Try these while seated or resting somewhere familiar, with no task demanding your attention. A brief exploration is enough.

Back in ordinary life

You might notice comfort that was in the background, make room to listen, or catch a moment of narrowed attention. These are possibilities to explore, with room for discovery.

A richer life does not necessarily require more stimulation. Sometimes it requires noticing more of what is already here.

Contact & Body

Begin with a place of contact. You can explore the sensation without deciding what it means.

Explore while seated or resting somewhere familiar. Keep breathing naturally; there is no sensation you need to produce.

Focused means sustained attention, without extra force.

Contact & Body

☐ Skin as a meeting place

1 min

Notice where your surroundings are already touching you.

1. Notice

Sit comfortably. Notice clothing, air, or the seat touching one area of skin.

2. Invite

Give attention to this meeting place: texture, pressure, or temperature. The physical boundary can remain clear.

3. Listen

See whether “a place of contact” feels different from “the edge of me.” Either description can be useful.

4. Respond

Look at a familiar object, feel the seat beneath you, and return to ordinary activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Contact & Body

☐ One contact, two names

2 min

Explore contact before deciding how to describe it.

1. Notice

Rest a hand on a table or another comfortable surface. Notice the pressure without pressing harder.

2. Invite

Describe two qualities of the contact without using “hand” or “table”: pressure, warmth, texture, or something else you actually notice.

3. Listen

Now call it “my hand on the table.” Compare that description with the two qualities. Does naming change what receives attention, or is there no clear difference? The physical hand and table remain distinct.

4. Respond

Look at your hand and the surface again. Let their familiar distinction be clear.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Contact & Body

☐ Knowing where a hand is

1 min

Notice body position without making a picture of it.

1. Notice

Rest both hands comfortably and look at something ahead of you. Keep your eyes open.

2. Invite

Before looking, estimate whether one hand is nearer your knee or your hip, and which way its palm faces. Use words or a rough sense of position; a picture is unnecessary.

3. Listen

Look and compare those two estimates with the actual hand. Say what matched and what did not. “I guessed wrong” is information, not a bad score.

4. Respond

Look at the hand, then at the room. Leave the comparison there.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Contact & Body

☐ The warmth already here

1 min

Let an ordinary temperature difference come forward.

1. Notice

Notice a comfortable area of skin exposed to the room and another covered by clothing.

2. Invite

Include the temperatures you can already feel. Do not seek heat, cold, or stronger sensations.

3. Listen

Is there a clear difference, a vague impression, or no difference? Each is enough.

4. Respond

Feel the chair or floor and let temperature return to the background.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Contact & Body

☐ The shape of sitting

2 min

Explore a familiar posture through several ordinary clues.

1. Notice

Sit in a supported position with your eyes open. Notice the seat, your feet, and your view of the room.

2. Invite

Without adjusting your posture, include your sense of where your shoulders are in relation to your hips.

3. Listen

Notice how contact, position, and vision contribute different information. They need not form a precise map.

4. Respond

Choose one familiar object to look at. Make any comfortable adjustment you want.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space & Senses

Allow something near the edge of attention to join the center. Nothing needs to merge.

Explore while seated or resting somewhere familiar. Keep breathing naturally; there is no sensation you need to produce.

Focused means sustained attention, without extra force.

Space & Senses

☐ Sound, then hearing

2 min

Let a sound be more than its address.

1. Notice

While sitting somewhere safe and still, choose an ordinary sound. Notice where you think it comes from.

2. Invite

Let its location become less important for a moment. Attend to hearing: rhythm, texture, pauses, or changes.

3. Listen

Notice the difference between knowing a source and hearing a sound. You can still know where it is.

4. Respond

Locate the sound normally again, feel your feet, and look around.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space & Senses

☐ The space between

2 min

Include yourself, an object, and the interval between.

1. Notice

Sit comfortably and choose an object nearby. Notice your body and the object in your usual way.

2. Invite

Include the visible space between you: perhaps part of a floor, a desk, or the air above it.

3. Listen

See whether body, interval, and object can share attention briefly. Nothing needs to blend or disappear.

4. Respond

Return to the object, then feel your hands or feet clearly.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space & Senses

☐ Near enough to reach

2 min

Notice your ordinary sense of what is within reach.

1. Notice

From a comfortable seat, notice an object within easy reach and another farther away. You do not need to move.

2. Invite

Attend to the sense of “near enough” around the first object, without planning or performing a reach.

3. Listen

Compare this with the farther object. Is the difference visual, bodily, conceptual, or unclear?

4. Respond

Look around normally and feel the surface supporting you.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space & Senses

☐ A room heard in layers

2 min

Let two sounds keep their own places.

1. Notice

Notice a nearby sound and, if available, one that seems farther away. Use sounds already present.

2. Invite

Allow both to be heard without choosing a favorite. They do not need to be equally clear.

3. Listen

Notice their separate locations and the experience of hearing them together. If one stops, let it stop.

4. Respond

Return to a single sound, then to a familiar object and the chair beneath you.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Shared Attention

See whether attention can include a little more. Brief moments are enough; holding everything is unnecessary.

Explore while seated or resting somewhere familiar. Keep breathing naturally; there is no sensation you need to produce.

Focused means sustained attention, without extra force.

Shared Attention

☐ Inside, alongside outside

2 min

Give two different sources a place in the same moment.

1. Notice

Notice an easy bodily sensation, such as the ordinary movement of breathing. Let breathing continue naturally.

2. Invite

Include an ordinary sound or a patch of light while keeping some sense of the body.

3. Listen

See whether both can be present briefly. They have different physical sources and can still belong to the same moment of experience.

4. Respond

Let the extra channel recede. Feel your feet or hands clearly and look around.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Shared Attention

☐ Background takes a turn

2 min

Change the emphasis without changing the room.

1. Notice

Look at a familiar object and notice what surrounds it: a wall, shelf, or surface.

2. Invite

Invite the surroundings into the foreground while the object remains visible. Then gently reverse the emphasis.

3. Listen

What changed in attention? What remained in view? No special visual effect is needed.

4. Respond

Look at the object normally. Feel your seat and let the exercise finish.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Shared Attention

☐ Contact, sound, and sight together

3 min

Compare one point of contact with two or three available sensory channels.

1. Notice

Begin with your feet or the chair. Keep your eyes open and your breathing ordinary.

2. Invite

Add one sound or part of your view to the contact. Add a third available channel only if comfortable; two points of touch also work.

3. Listen

Compare contact alone with this wider selection. Which detail stays clear, fades, or returns when you look for it? If attention shifts, notice the shift and return when you choose.

4. Respond

Choose one familiar object, then feel your body and support clearly. Resume ordinary activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Shared Attention / Variation

☐ Center, field, center

3 min

Practice the outward movement and the way back.

1. Notice

Begin with ordinary body-centered attention. Feel your hands, feet, and the chair or floor supporting you.

2. Invite

Gradually include nearby sound and light, then more of the room. Keep a clear sense of your body available.

3. Listen

Rest briefly with this broader field if it feels comfortable. There is no need to widen further or make the experience unusual.

4. Respond

Deliberately narrow attention to one familiar object, then feel your body and support clearly. Let your usual view return and resume an ordinary activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

☐ Looking from here: sensation and viewpoint

2 min

Compare contact around your face with the idea of looking from a particular place.

1. Notice

While seated, choose a familiar object. Notice its visible color or edge, then notice contact around your face or head: glasses, hair, or the chair if available.

2. Invite

Alternate once between the object and that contact. Describe each before using the phrase “looking from here.” If vision is unavailable, compare a sound with contact around your head.

3. Listen

Notice whether “here” refers to a felt contact, a remembered body position, or an idea. You may not be able to separate them. No location of consciousness or philosophical answer follows from this comparison. Stop if anything feels unfamiliar or unsettling.

4. Respond

Look around normally, name a familiar object, and feel your feet. Let the usual viewpoint settle.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Shared Attention

☐ Comfort in the background

1 min

Include a small agreeable detail that asks for nothing.

1. Notice

Notice an ordinary comfortable contact, such as supported hands or the texture of clothing.

2. Invite

Let that comfort share attention with a sound or something you see. You do not have to amplify it.

3. Listen

Notice whether the agreeable detail stays available when it is no longer the only focus. If it fades, that is fine.

4. Respond

Return to the room and continue with what you were doing.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Returning

The return is part of the practice. An ordinary, familiar view is always a worthwhile place to finish.

Explore while seated or resting somewhere familiar. Keep breathing naturally; there is no sensation you need to produce.

Focused means sustained attention, without extra force.

Returning

□ A smaller circle

1 min

Choose less information when less is useful.

1. Notice

Notice whether attention currently feels wide, busy, narrow, or ordinary. No label has to be exact.

2. Invite

Choose one clear contact: feet on the floor or hands on your lap. Give it a little more attention.

3. Listen

Let other information remain in the background. You do not have to block anything out.

4. Respond

Look at a familiar object and choose a simple next action. You can finish here.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Returning / Variation

☐ Return

Brief experiment

Practice ending deliberately.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Look around, name familiar objects, feel contact, and gently move hands and feet.

3. Compare

Can you locate your body and surroundings ordinarily again? Do not resume unusual representation exercises while unsettled.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Returning

□ Carry one detail back

2 min

Compare attending to contact at rest with attending during one simple action.

1. Notice

Seated and at rest, notice your body and one pleasant or neutral detail in the room.

2. Invite

Read one short sentence or touch an ordinary object while keeping that contact lightly in attention. Use an action and sense available to you.

3. Listen

Compare the contact at rest and during the action. Did you notice both, switch between them, or lose the contact entirely? Avoid dividing attention during tasks that need it for safety.

4. Respond

Finish the experiment and give the next activity your usual attention. You do not need to carry a special feeling forward.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Returning / Variation

☐ Carry one percent of the ease

2 min

Bring a small quality of the pause into the next task.

1. Notice

Before getting up, notice any ease that is present. If there is none, choose a modest intention such as moving at a comfortable pace.

2. Invite

Imagine taking only a small thread of that quality into the next action. You do not have to preserve the whole feeling.

3. Listen

Stand or move comfortably and do one simple thing while noticing contact: lift a cup, open a door, or put an object away.

4. Respond

Let the mood change as it changes. The practice is a gentle return to attention, not a grip on a feeling.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Insight

Something happens. Almost immediately it is wanted, unwanted, exciting, or irritating. But there may be more happening than the conclusion.

Look a little earlier. Notice a sensation, a feeling tone, a thought, an impulse. What can you actually distinguish?

The practice is looking.

Use an ordinary, manageable moment. There is no result you need to produce and no conclusion you need to accept.

These invitations may feel calming, clarifying, or simply ordinary. The question is what you can notice.

1. Notice What is happening?
2. Distinguish What parts can you find?
3. Watch What happens next?
4. Release What can be left without another addition?

Body

Begin with an experience already happening. No picture of the body is required.

Body

☐ An ordinary breath

1 min

Find the breath already occurring.

1. Notice

Notice a natural breath while seated comfortably.

An ordinary breath (continued)

2. Distinguish

Is this breath relatively long or short? There is no preferred length.

3. Watch

Follow its beginning, continuation, and ending without extending it. What is sensation, and what is the phrase “I am breathing”?

4. Release

Let the question go. Breathe normally and look around.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Body

□ Knowing this position

30 sec

Give an obvious fact a moment of attention.

1. Notice

Notice whether you are sitting, standing, walking, or lying down.

2. Distinguish

How do you know? Notice contact and position without adjusting them.

3. Watch

Stay with that ordinary knowledge briefly.

4. Release

Continue your activity; there is nothing to retain.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Body

☐ Three ordinary steps

30 sec

Recognize movement while it happens.

1. Notice

Choose a clear, level place where walking is comfortable and safe.

2. Distinguish

As you walk normally, notice movement and foot contact. No slow-motion sequence is needed.

3. Watch

Know three steps as well as feels easy, keeping attention on your surroundings.

4. Release

Return to your usual walking. Skip this if balance needs your full attention.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Body

☐ Parts, before the whole

2 min

Look at familiar components of the body.

1. Notice

Notice your hands, nails, skin, and hair where visible.

2. Distinguish

Distinguish what is directly seen or felt from what you know about bones or organs. Do not invent internal sensations.

3. Watch

Does attending to a component differ from the broad idea “my body”?

4. Release

Leave the comparison open. Feel your whole seated position again.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Body

☐ Physical qualities

2 min

Try simple descriptions before the body’s familiar names.

1. Notice

Notice ordinary resistance at a contact point, temperature, and movement with breathing.

2. Distinguish

If already apparent, include moisture such as saliva. Fluidity and cohesion may be something you infer rather than directly feel.

3. Watch

How much can these qualities describe? Where does a name or explanation enter?

4. Release

Let the categories go. Nothing needs to fit neatly.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Feeling Tone

Feeling tone is the pleasant or unpleasant quality of an experience. It need not be a full emotion: warmth can be pleasant without becoming happiness.

Feeling Tone

☐ The first lean

30 sec

Find a feeling tone before explaining it.

1. Notice

Notice an ordinary sound, contact, or sight.

2. Distinguish

Is its quality pleasant, unpleasant, or neither? Unclear is an acceptable answer.

3. Watch

Does wanting more or less follow? Is that the same as the original quality?

4. Release

Let the moment continue without completing an analysis.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Feeling Tone

☐ Pleasant without holding

1 min

Compare enjoying one available detail with planning its continuation.

1. Notice

Choose a pleasant contact, sound, or sight already present. Use a sense available to you; do not buy or create a stronger sensation.

2. Distinguish

Describe the detail itself, then notice any plan to repeat, improve, or prolong it. These may overlap.

3. Watch

Stay with the detail for a few seconds without adding another plan. Can you distinguish enjoyment from planning, or is the boundary unclear? You do not have to stop either.

4. Release

Enjoy what remains or move on freely.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Feeling Tone / Variation

☐ Already pleasant

1 min

Explore enjoyment and the request for more.

1. Notice

Notice something pleasant that is here already.

2. Distinguish

Look for any shift toward securing the next pleasant moment.

3. Watch

Can you tell enjoyment from wanting continuation? Leave the boundary uncertain if it is.

4. Release

Let enjoyment remain without making this a test of restraint.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Feeling Tone / Variation

☐ Enough for this moment

1 min

Give a pleasant moment a little room.

1. Notice

Notice an ordinary enjoyable moment.

2. Distinguish

Distinguish enjoying it from planning how to extend or improve it.

3. Watch

For a few seconds, leave the planning alone. What is available without that addition?

4. Release

Let the moment end when it does. Necessary plans can be picked up again.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Feeling Tone

☐ Unpleasant, and the response

1 min

Separate a mild sensation from opposition to it.

1. Notice

If a harmless itch or small irritation is already present, notice it briefly. Never create discomfort.

2. Distinguish

Notice the unpleasant quality and any demand that it end.

3. Watch

Are these distinguishable? Adjust or scratch whenever you wish; do not endure pain.

4. Release

Take care of your comfort and finish the experiment.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Feeling Tone

□ Neutral has detail

1 min

Explore a moment that usually goes unnoticed.

1. Notice

Notice a familiar wall, background sound, or comfortable clothing contact.

2. Distinguish

Does it feel neither particularly pleasant nor unpleasant? Do not force neutrality.

3. Watch

Look for detail without trying to make it interesting. Is boredom a separate response?

4. Release

Let this ordinary experience return to the background.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change

Choose something ordinary and look again. You do not have to discover a particular pattern.

Change

☐ Look for what stays

1 min

Investigate sameness without a required answer.

1. Notice

Choose a mild, ordinary sensation.

2. Distinguish

Notice its location and quality now, then again.

3. Watch

Can you find a part that stays exactly the same? Do not invent changes or insist on certainty.

4. Release

Let the investigation end with what you actually noticed.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change

☐ Arriving, present, gone

1 min

Follow one event as far as it is available.

1. Notice

Choose a naturally occurring sound or breath.

2. Distinguish

Notice its arrival, its presence, and any ending you can discern.

3. Watch

If you miss a stage, leave it missed. Do not reconstruct it as direct observation.

4. Release

Return to the room without waiting for another event.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change

☐ An itch, if it appears

1 min

Examine detail without practicing endurance.

1. Notice

Only if an ordinary harmless itch occurs, notice where it is.

2. Distinguish

Distinguish its intensity, location, and the urge to scratch.

3. Watch

Does anything change over a moment? Scratch or adjust immediately if you prefer.

4. Release

Attend to comfort. This is never a reason to ignore a bodily warning.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change

☐ An emotion in moments

2 min

Look within a manageable feeling.

1. Notice

Notice a mild emotion without bringing up a difficult memory.

2. Distinguish

What can you distinguish now: bodily sensation, feeling tone, thinking, or impulse?

3. Watch

Look once more. Are the same details present? Keep no required answer.

4. Release

Stop if looking becomes uncomfortable. Return to a familiar activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Wanting & Resisting

Choose a harmless preference. Necessary care, food, rest, and safety never need to wait for an experiment.

Wanting & Resisting

☐ Catch a small want

30 sec

Find an impulse in an ordinary pause.

1. Notice

While safely waiting, notice a wish to check your phone or have a page finish loading.

2. Distinguish

How is the want apparent: words, bodily tension, an image, or something else?

3. Watch

Notice whether it persists, shifts, or disappears.

4. Release

Choose what to do. Observing does not obligate you to refuse the want.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Wanting & Resisting

☐ A brief gap

30 sec

Pause a nonessential action briefly and compare the urge before and after.

1. Notice

Notice a nonessential impulse, such as opening another video.

2. Distinguish

If comfortable, allow a few seconds before acting. The duration is unimportant.

3. Watch

What is the impulse doing during this pause? Does another thought join it?

4. Release

Act or leave it. Do not delay necessary care or attention to your surroundings.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Wanting & Resisting / Variation

☐ Leave the pursuit for a moment

30 sec

Observe a small want without immediately following it.

1. Notice

Notice a harmless wish for more entertainment or stimulation.

2. Distinguish

Recognize both the want and your ability to choose a next step.

3. Watch

Briefly leave the pursuit alone. Does the want stay the same?

4. Release

Choose freely. Do not use this to withhold something you need.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Wanting & Resisting

☐ The event and the objection

1 min

Investigate a small, unwanted interruption.

1. Notice

Use a mild annoyance, such as a short wait, after immediate demands are handled.

2. Distinguish

Distinguish the situation from the thought that it should be different.

3. Watch

What happens when the objection receives no additional argument for a moment?

4. Release

Take any useful action. Accepting a moment for inspection does not require accepting a harmful situation.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Thought

Thought can be useful. Here the invitation is to notice it, including when continuing it no longer helps.

Thought

☐ Recognize a thought

1 min

Notice thinking as it becomes apparent.

1. Notice

Sit comfortably and notice a thought when you become aware of one.

2. Distinguish

Is it a plan, a wish, an objection, or another kind of thinking?

3. Watch

Can you notice the thinking as well as its subject? There is no need to find a separate observer.

4. Release

Let attention return to the room. Nothing must be silenced.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Thought

☐ How a story gathers

2 min

Look at a small conclusion and its ingredients.

1. Notice

Notice a mild irritation or expectation.

2. Distinguish

Separate what was seen or heard from recognition, feeling tone, and subsequent thinking.

3. Watch

Where do memory, prediction, and an urge join in? Do not assume you can recover the exact sequence.

4. Release

Leave the unfinished map and choose a useful next action.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Thought

☐ Pause the next sentence

1 min

Notice a repeated argument, then stop supplying its next example for a moment.

1. Notice

Choose a minor repetitive argument, not an urgent problem. This is an experiment with your thinking; no bodily response is required.

2. Distinguish

Notice the next example, rebuttal, or sentence you are about to add. Name its job: defending, predicting, blaming, or something else.

3. Watch

For a few seconds, leave that contribution unfinished and notice one ordinary sound or visible object. Does the argument keep going, pause, or return? “Still arguing” is an honest observation.

4. Release

Return to something ordinary. If the thought continues, do not wrestle with it.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Thought / Variation

☐ Put the next sentence down

1 min

Pause your contribution to a minor mental argument.

1. Notice

Notice an unimportant argument running in words.

2. Distinguish

Distinguish the thought that is already here from the next sentence you are preparing.

3. Watch

For a moment, leave the next sentence unwritten. What remains?

4. Release

If words continue, let them. Turn toward an ordinary useful activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The Five Streams

These are five ways to examine a moment, not five separate things you must locate. Notice what is clear and leave the rest open.

Body

Physical form and its felt qualities.

Feeling tone

Pleasant, unpleasant, or neither.

Recognition

Identifying a sound, object, or idea.

Intentions and reactions

Leaning toward action, avoidance, or continuation.

Conscious experience

The seeing, hearing, or knowing of what is present.

The Five Streams

☐ One moment, five questions

3 min

Look within an ordinary reaction.

1. Notice

Choose a manageable moment, such as waiting for a reply.

One moment, five questions (continued)

2. Distinguish

Ask: what bodily experience, feeling tone, recognition, and intention are present? What is currently being consciously experienced?

3. Watch

Notice which distinctions are clear. Conscious experience here means seeing, hearing, or knowing this event, not a hidden observer.

4. Release

Set the categories down. You need not find five separate objects.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The Five Streams

☐ Recognition and intention

1 min

Notice knowing what something is, then what you want to do.

1. Notice

Look at an ordinary object such as a cup.

2. Distinguish

Distinguish its visible appearance, recognizing “cup,” and any intention to pick it up.

3. Watch

Is every part equally apparent? Does recognizing it immediately lead to doing something?

4. Release

Leave the cup alone or use it. Finish with ordinary activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Self & Ownership

Investigate one ordinary experience. No conclusion about who you are is required.

For a different exploration of body and surroundings, visit Self.

Self & Ownership

☐ An arriving thought and a chosen thought

1 min

Compare a thought you notice afterward with a deliberately chosen word.

1. Notice

Sit somewhere familiar and notice an ordinary thought that is already present. If none stands out, use a word you just read.

2. Distinguish

Now deliberately think the word “cup,” or choose another ordinary word. Compare deciding to think it with noticing the earlier thought after it appeared.

3. Watch

Describe what you can remember about each arrival. Did you notice an intention, the word itself, both, or neither clearly? Memory of the sequence can be incomplete. Do not infer a theory of free will from this brief comparison.

4. Release

Leave the question open and return to familiar surroundings.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Self & Ownership

□ Can this be kept?

1 min

Explore experiencing and controlling.

1. Notice

Choose a comfortable, mild experience already present.

2. Distinguish

Notice any wish to keep it exactly as it is.

3. Watch

Without holding your breath or tightening, ask whether you can prevent every change.

4. Release

Let the experiment end. This says nothing you must believe about who you are.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Letting Go

Letting go can be a small experiment. You can still take useful action and attend to what matters.

Goodwill

Begin with someone easy to care about. An intention is enough; warmth is not a feeling you have to manufacture.

Goodwill

□ Wishing well

1 min

A reflective practice: choose a plain wish for someone and notice your response.

1. Notice

Think of someone easy to like.

2. Distinguish

Offer a simple wish for their safety and well-being.

3. Watch

Notice the response. Later, if comfortable, include someone you feel neutral about.

4. Release

Let the wish rest. You need not start with a difficult relationship.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Goodwill

☐ Meeting difficulty with care

1 min

A reflective practice: distinguish judging a difficulty from wishing someone relief.

1. Notice

Bring to mind an ordinary difficulty someone is having.

2. Distinguish

Notice judgment, if present, and the possibility of wishing them relief.

3. Watch

Offer care without taking over their experience. What changes, if anything?

4. Release

Choose practical kindness if appropriate, or leave the intention there.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Goodwill

☐ Room for someone else’s joy

1 min

A reflective practice: compare your own reactions with attention to someone’s good news.

1. Notice

Recall someone’s small success or happiness.

2. Distinguish

Notice any comparison alongside the possibility of being glad for them.

3. Watch

Give their good fortune a moment of appreciative attention.

4. Release

Let your response be as it is. Warmth need not be forced.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Goodwill

□ Steady care

1 min

A reflective practice: separate wishing someone well from controlling the outcome.

1. Notice

Think of someone you care about in an ordinary situation.

2. Distinguish

Distinguish wishing them well from needing a particular outcome.

3. Watch

Can care and steadiness be present together, even briefly?

4. Release

Keep appropriate responsibilities and boundaries. Release only the extra struggle you can leave.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Quiet

Quiet is not something you force onto the mind. Conditions for quiet can be cultivated, and then you listen.

Quiet

☐ Conditions for quiet

2 min

Begin with a comfortable body and an ordinary breath.

1. Notice

Sit comfortably somewhere you can pause safely.

2. Distinguish

Notice breathing and any unnecessary effort around it. Change position if needed.

3. Watch

Allow breathing to remain natural while effort softens if it can.

4. Release

End gently. A busy mind is not a failed attempt.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Quiet

☐ Let useful thinking rest

2 min

Notice when thinking has done enough for now.

1. Notice

After dealing with immediate needs, notice what your thinking is doing.

2. Distinguish

Is the current commentary useful, or simply continuing?

3. Watch

If it can wait, leave it alone and attend to an ordinary breath or comfortable sitting.

4. Release

Return to thinking when useful. No blankness is required.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Quiet

☐ Ease without a review

2 min

Let a little ease remain simple.

1. Notice

If an easy moment is present, notice it. If not, simply sit comfortably.

2. Distinguish

Distinguish ease from excitement about being calm or checking whether it will last.

3. Watch

Let that extra evaluation rest briefly. Notice what remains.

4. Release

Look around and continue your day. There is no state to preserve.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Emotions

You can invite a state, make space around a feeling, or rehearse a different response. Offer the direction; let your body answer in its own way.

Changing an emotion is a possibility, not a command. Sometimes the useful change is what you do while the feeling is still here.

Practice somewhere safe, with natural breathing and comfortable movement. Images can be replaced with words, a sketch, or a simple idea. Stop if you feel overwhelmed or disconnected; look around and return to an ordinary activity. For immediate coping skills, visit DBT.

Invite a different feeling

Offer a direction, then listen. A feeling may soften, change, coexist with another, or stay as it is.

Meet a memory differently

Revisit a mild memory from the perspective of the person you are today. An experience from age five, fifteen, or twenty-three may look different with what you now know. You can also consider another person’s possible viewpoint, while remembering that imagining it does not tell you what they actually thought. Here, “rerecording” means rehearsing a new present-day response. You may choose to revisit a useful response over time, at a pace that suits you. Start with mild everyday memories. Leave traumatic, overwhelming, or confusing memories for work with a qualified professional.

Untangle the knot

Make room for calm and joy

Being calm at all times is not a realistic requirement. Practice returning, and let pleasure be possible without making happiness another assignment.

Loosen the grip of craving

Explore more choice around an urge. Hunger, thirst, rest, and connection deserve care.

Give your yes and no a voice

A clear boundary can coexist with nerves. “Yes, and” is an invitation for genuine willingness, never an obligation to agree.

About these practices

The opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.

Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.

Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.

Explore DBT skills · Investigate with Insight · Return to Core practices

Invite a different feeling

Offer a direction, then listen. A feeling may soften, change, coexist with another, or stay as it is.

EMOTIONS

Invite a different feeling

☐ Borrow a little warmth

2 min

Use an ordinary memory or imagined detail to explore your present response.

1. Notice

Rest your hands comfortably. Think of a person, animal, place, or ordinary moment associated with uncomplicated warmth. Skip any image that feels mixed or painful.

2. Invite

Imagine one small detail, or describe it silently if you do not picture things. Let your face and hands find a comfortable position.

3. Listen

Ask, “Is even a little warmth available?” Notice the actual response rather than supplying the expected one.

4. Respond

Let the image go. Choose a small kind action, including kindness toward yourself if no feeling arrived.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Invite a different feeling

□ From anger toward clarity

2 min

Keep the message of anger while choosing its expression.

1. Notice

Pause before sending or saying anything. Notice your feet and the pressure in your hands or jaw without forcing them to relax.

2. Invite

Name the concrete event separately from your interpretation. Ask which boundary or need matters here.

3. Listen

If safe, try resting your hands and speaking one sentence a little more slowly: “What I need is…” Anger can remain.

4. Respond

Choose a clear request, a practical change, or time away. Do not use calmness to persuade yourself to accept mistreatment.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Invite a different feeling

□ From worry toward curiosity

2 min

A reflective exercise: turn one uncertain prediction into a question you can investigate.

1. Notice

Notice one place where the body meets support. Name the worry in a short sentence.

2. Invite

Distinguish a present danger from an uncertain prediction. Address an actual danger first.

3. Listen

For ordinary uncertainty, imagine a question mark beside the prediction: “What could I find out?” Let your gaze move around the room.

4. Respond

Take one small information-gathering step. Curiosity may join anxiety before anxiety changes.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Invite a different feeling

☐ Try a different action

3 min

Explore a DBT-inspired opposite action when it fits the situation.

1. Notice

Identify the emotion and what it urges you to do. Check observable facts and whether following the urge would help.

2. Invite

If the emotion does not fit the facts, or the urge would be ineffective, choose a safe opposite action: greet someone rather than avoid a welcome conversation, for example.

3. Listen

Try a manageable version with your posture, voice, and behavior aligned. Allow discomfort; do not force your body.

4. Respond

Check the result and revise. When fear signals real danger or anger signals a violated boundary, protection or problem-solving may be the better response.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Notes and reflections

Try a different action

Meet a memory differently

Revisit a mild memory from the perspective of the person you are today. An experience from age five, fifteen, or twenty-three may look different with what you now know. You can also consider another person’s possible viewpoint, while remembering that imagining it does not tell you what they actually thought. Here, “rerecording” means rehearsing a new present-day response. You may choose to revisit a useful response over time, at a pace that suits you. Start with mild everyday memories. Leave traumatic, overwhelming, or confusing memories for work with a qualified professional.

EMOTIONS

Meet a memory differently

☐ A kinder second take

3 min

Rehearse support around a mild remembered disappointment.

1. Notice

Choose a small, nontraumatic event that remains easy to think about. Keep your eyes open and notice the room. State only the facts you remember; leave gaps unknown.

2. Invite

Briefly acknowledge the feeling you had. Imagine a clearly fictional second take in which your present self offers one kind sentence, a pause, or a helpful boundary.

A kinder second take (continued)

3. Listen

Notice how your body responds now. If comfortable, rehearse that imagined response once or twice, returning attention to the room between takes. More repetition is not a requirement.

4. Respond

Say, “That is what I imagine now; it is not what happened then.” Keep the facts unchanged. Take one useful response into a future situation, whether or not the remembered feeling changed.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Meet a memory differently

□ Keep the facts, soften the verdict

2 min

Use two written or imagined cards to separate a mistake from a sweeping judgment.

1. Notice

Choose an ordinary minor mistake. Feel the support beneath you and describe the observable event in one sentence.

2. Invite

Notice any added verdict, such as “I always ruin things.” Imagine the event and the verdict on two separate cards.

3. Listen

Offer a more accurate sentence: “I made this mistake, and I can repair this part.” Notice whether it feels believable; make it smaller if needed.

4. Respond

Choose a repair or a lesson. You do not have to approve of the mistake or feel good about it to stop repeating the verdict.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Meet a memory differently

☐ Rehearse the next encounter

3 min

Give a future response a bodily rehearsal.

1. Notice

Choose a low-stakes situation likely to recur. Notice your ordinary posture without correcting it.

2. Invite

Imagine the next encounter, clearly labeled as a future possibility. Picture yourself pausing, feeling your feet, and saying one useful sentence.

3. Listen

Say that sentence aloud softly if comfortable. Try it a second time with wording that feels natural rather than perfect.

4. Respond

Return to your surroundings. Write down the sentence as a reminder, and let the real encounter unfold differently if it does.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Meet a memory differently

□ Close the notebook

1 min

Give reflection an ending instead of another replay.

1. Notice

Notice that you are replaying an ordinary event. Ask whether there is any new information or useful action left for now.

2. Invite

Imagine placing a brief factual note in a notebook: what happened, what mattered, and the next step if there is one.

3. Listen

Picture closing it gently. This is permission to pause, not an instruction to suppress a thought.

4. Respond

Touch an ordinary object and begin a present task. If the memory returns, acknowledge it and choose again without restarting the whole review.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Untangle the knot

EMOTIONS

Untangle the knot

☐ Loosen one thread

3 min

Use an imagined knot to separate mixed emotions.

1. Notice

Notice a manageable mix of feelings. Imagine a loose knot on a table in front of you, or use words on paper instead.

2. Invite

Give one strand a tentative label: sadness, anger, uncertainty, a remembered event. “I do not know” is also a label. Do not invent a cause.

3. Listen

Imagine making space around that one strand rather than pulling the knot tight. Ask what this feeling needs right now: acknowledgment, information, rest, or action.

4. Respond

Choose one small response, then leave the rest of the knot alone. Look around the room. You do not need to untangle everything in one sitting.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Untangle the knot

□ Two feelings, two open hands

2 min

Compare one feeling at a time, then both, using two supported contact points.

1. Notice

Rest both hands comfortably. Name two feelings, such as relief and sadness, without deciding which is correct.

2. Invite

Associate each feeling with one supported hand. Attend to the first hand’s contact while naming its feeling, then the other. Use two other contact points or two words on paper if hands are unavailable.

3. Listen

Include both contact points and name both feelings. Compare this with attending to each separately: clearer, crowded, unchanged, or uncertain? Give each a sentence about what matters to it.

4. Respond

Choose a step that respects both where possible: celebrate a change and make time to miss what ended.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Untangle the knot

□ End the inner courtroom

3 min

Write two competing priorities and choose a small practical experiment.

1. Notice

Catch two recurring positions, such as “Keep working” and “I need a break.” Notice the body without treating either position as an enemy.

2. Invite

Write one sentence for each: what is it trying to protect? Treat these as your own thoughts and priorities, not separate beings or authorities.

3. Listen

Rest your hands and ask, “What is the smallest experiment that respects both?” Perhaps save the work, rest for five minutes, then reassess.

4. Respond

Choose that experiment or postpone the decision to a specific time. Agreement on every thought is unnecessary before taking a useful step.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Untangle the knot

☐ Separate then from now

2 min

Notice an association without assuming the situations are identical.

1. Notice

When a current small event reminds you of another, notice three ordinary details of your present surroundings.

2. Invite

Name what is happening now, then name the remembered association briefly. Leave uncertain details uncertain.

3. Listen

Ask what is actually similar and what is different: people, choices, setting, or your ability to leave.

4. Respond

Respond to the present facts. If the exercise becomes overwhelming or you lose your sense of the present, stop and seek support rather than pursuing the memory.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Untangle the knot / Variation

☐ An echo is not the whole story

3 min

Explore a mild memory association without letting it define the present.

1. Notice

Look around and identify where you are now. Use only an ordinary, manageable irritation; skip overwhelming or traumatic memories.

2. Invite

Ask whether this feels familiar. If a memory comes easily, note it briefly. Do not search for a forgotten cause or fill in missing details.

3. Listen

Imagine two labeled spaces: “Then” and “Now.” Name one real difference in people, setting, choices, or support while staying aware of your seat.

4. Respond

Respond to the current facts. If the memory becomes distressing or you lose your sense of the present, stop and seek support rather than following it further.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Make room for calm and joy

Being calm at all times is not a realistic requirement. Practice returning, and let pleasure be possible without making happiness another assignment.

EMOTIONS

Make room for calm and joy

☐ A return you can repeat

1 min

Practice recovering steadiness rather than holding it forever.

1. Notice

Pause in a safe place. Notice one visible object and the surface supporting you.

2. Invite

Let your breathing continue at its own pace. Allow one comfortable adjustment if your body wants it.

3. Listen

Ask, “What would make the next minute manageable?” Let the answer be practical rather than a demand to feel calm.

4. Respond

Do that small thing. Returning after being stirred up is practice, not evidence that you failed.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Make room for calm and joy

☐ A comfortable imagined place

2 min

Explore whether a simple scene offers a little ease.

1. Notice

Sit somewhere safe. Recall or invent a place that feels comfortable; keep your eyes open if preferred.

2. Invite

Imagine one gentle sensory detail, such as a color, a quiet sound, or comfortable warmth. Words or a general idea work too.

3. Listen

Notice whether the scene is pleasant, neutral, or unwelcome. Leave it immediately if it is unwelcome; there is no need to perfect it.

4. Respond

Let it fade and orient to the actual room. Choose an ordinary next activity.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Make room for calm and joy

☐ Contentment without a purchase

2 min

Make space for enough, even briefly.

1. Notice

Pause between activities. Check whether you need food, rest, comfort, or help before asking yourself to be content.

2. Invite

If basic needs are met for this moment, feel one neutral or pleasant point of contact. You do not have to earn this pause.

3. Listen

Offer, “For these few seconds, nothing extra is required.” Notice any ease, resistance, or absence of change.

4. Respond

Resume life without trying to keep the feeling. Contentment can be brief and coexist with needs and ambitions.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Make room for calm and joy

☐ Invite play back in

2 min

Try a little lightness without performing happiness.

1. Notice

Notice your available energy. Choose a tiny playful act: doodle an absurd shape, hum a familiar tune, or make a comfortable small movement.

2. Invite

Let it be private and purposeless for a moment. There is no audience to impress.

3. Listen

Notice a hint of interest, amusement, or simply movement. Do not demand a smile or positive mood.

4. Respond

Stop while it still feels optional. If pleasure has been persistently absent or life feels hard to manage, consider talking with a health professional.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Loosen the grip of craving

Explore more choice around an urge. Hunger, thirst, rest, and connection deserve care.

EMOTIONS

Loosen the grip of craving

☐ Ride the urge

2 min

Observe a craving without automatically following it.

1. Notice

In a safe setting, notice where the urge appears in your body. Keep breathing naturally.

2. Invite

Describe a sensation: pressure, heat, movement, or tightness. Notice whether its location or strength changes.

3. Listen

Imagine a wave if that helps. Allow the sensation while delaying the habitual action briefly, without requiring the urge to disappear.

4. Respond

Choose a supportive next step: change the setting, contact someone, or return to a planned activity. The aim is choice, even if the craving remains.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Loosen the grip of craving

☐ Find the need under the reach

2 min

Ask what the habitual action is being asked to provide.

1. Notice

Before an automatic reach for a screen or another nonessential habit, pause your hand comfortably.

2. Invite

Ask whether you need stimulation, rest, company, reassurance, or something else. Treat your guess as a starting point and consider the situation too.

3. Listen

Try meeting the likely need directly: stand up comfortably, drink if thirsty, eat if hungry, or send a message to a friend.

4. Respond

Check again. Choose deliberately, without turning the result into a judgment about your willpower.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Loosen the grip of craving

□ Make the next choice easier

2 min

Pair an internal pause with a change in your surroundings.

1. Notice

Choose one ordinary habit you want to interrupt. Notice the moment just before it starts.

2. Invite

Imagine a brief pause at that point and rehearse a sentence: “I can choose the next step.”

3. Listen

Make one practical adjustment now, such as putting your phone out of reach and placing your book beside you.

4. Respond

Try the new arrangement once. Revise the environment if needed; you do not have to win an internal argument each time.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Loosen the grip of craving

☐ Begin again after a slip

2 min

Prevent disappointment from becoming permission to give up.

1. Notice

Notice the impulse to criticize yourself after an unwanted habitual action. Feel a stable point of support.

2. Invite

Describe the action without a global label about yourself. Ask what happened just before it.

3. Listen

Offer one believable sentence: “That happened. The next choice is still available.” Let your body respond however it does.

4. Respond

Take one helpful next step or seek support. Learning from a pattern is more useful than punishing yourself for having one.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Give your yes and no a voice

A clear boundary can coexist with nerves. “Yes, and” is an invitation for genuine willingness, never an obligation to agree.

EMOTIONS

Give your yes and no a voice

☐ Say no and let it stand

3 min

Compare silent rehearsal with a spoken boundary and the pause that follows.

1. Notice

Choose a low-stakes request you genuinely want to decline. Silently rehearse “No, I cannot take that on.” Notice your ordinary posture and where you hesitate.

2. Invite

Say the sentence at a comfortable volume. Compare the effort, pace, and posture with silent rehearsal. If speaking is unavailable, write or use your usual communication method.

3. Listen

Leave a short silence afterward. Notice an urge to add an excuse; try repeating the same sentence once instead. Firmness does not require tension, and nervousness does not cancel your no.

Say no and let it stand (continued)

4. Respond

Use the sentence when appropriate. If refusal could expose you to retaliation or danger, prioritize a safety plan and support over direct confrontation.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Give your yes and no a voice

☐ Yes, and one real addition

3 min

Follow genuine agreement with a concrete contribution.

1. Notice

Choose an invitation you actually welcome. Notice whether your willingness is real rather than an automatic effort to please.

2. Invite

Say, “Yes, and…” followed by one contribution: “Yes, and I can bring lunch,” or “Yes, and let us choose a time.”

3. Listen

Feel the support beneath you and say the whole sentence. Keep your addition specific and within your capacity.

4. Respond

Offer it and listen. You can negotiate, change your mind, or say no; “yes, and” is not consent to everything that follows.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Give your yes and no a voice

☐ Ask without apologizing for the need

2 min

Give a need a clear, modest request.

1. Notice

Notice where asking feels tense. Let that tension be present while you identify what you need.

2. Invite

Separate the request from the story about what someone should already know.

3. Listen

Say “Would you be willing to…” followed by one observable action and a useful time frame. Compare a rushed version with one at your ordinary speaking pace; notice effort and clarity. Write or use your usual communication method if speech is unavailable.

4. Respond

Ask, then leave room for an answer. Another person can decline; you can still respect your need and consider other options.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Give your yes and no a voice

□ Repair without disappearing

3 min

Take responsibility while keeping your whole self in view.

1. Notice

Recall a manageable recent interaction where your behavior caused a problem. Notice support beneath your body.

2. Invite

Name the specific action and its likely impact without explaining it away or declaring yourself a bad person.

3. Listen

Rehearse a repair: “I interrupted you. I am sorry. I want to hear the rest.” Let the words be plain.

4. Respond

Make the repair if appropriate and follow through. The other person does not owe immediate forgiveness or reassurance.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

About these practicesThe opposite-action, urge-surfing, and comfortable-place exercises adapt the linked resources; the other exercises are original reflective proposals.Memory exercises rehearse a present response to mild events. Your original feelings do not have to be declared wrong.Notice what changes and what does not. If an exercise repeatedly makes things harder, leave it and consider support from a qualified professional.Explore DBT skills · Investigate with Insight · Return to Core practices

Open this practice online

NOTES

Anger

Anger can carry information about a boundary, hurt, or injustice. You can listen without letting it choose your words or actions. Start with the body, then return to the situation.

Giving anger “no emotional response” here means not adding an argument with the feeling or acting automatically. It does not mean numbness, suppression, or accepting mistreatment. Anger is sometimes a direct response to what is happening; there need not be a hidden emotion underneath.

Choose one invitation. Keep breathing naturally and movement comfortable. Images are optional: words or a simple idea work too. Stop or return to the room whenever you choose.

Catch the rise

Begin with a mild, ordinary irritation. Learn your own early cues before trying to reason through the whole situation.

Let the feeling move through

Allow sensation while pausing action. There is no deadline for anger to pass, and no need to intensify it to release it.

Look underneath and alongside

Wait until you have enough room to be curious. Treat interpretations about yourself and others as possibilities, not discoveries of hidden truth.

Return with a clear response

A softer body can support a firm boundary. Feeling less angry does not make the original problem disappear.

Care beyond the exercise

If you think you might hurt yourself or someone else, stop the exercise, create safe distance, and seek urgent help. In immediate danger, call your local emergency number. Repeated aggression, fear of losing control, or anger that disrupts daily life deserves professional support.

About these invitations

The NHS describes early physical signs such as heat and muscle tension, and recommends noticing anger early and allowing time before reacting. These exercises are original everyday adaptations and reflective proposals. NHS: help with anger.

Catch the rise

Begin with a mild, ordinary irritation. Learn your own early cues before trying to reason through the whole situation.

ANGER

Catch the rise

☐ Your first three signals

2 min

Learn what rising anger feels like before the reaction gathers speed.

1. Notice

Think briefly of a recent mild irritation, or notice one already present. Keep attention partly on the room; do not deliberately stir yourself up.

2. Invite

Check your hands, face, and pace of speech. Notice heat, pressure, tightening, or a wish to interrupt. These cues can have other causes too.

3. Listen

Choose three personal signals to recognize next time. Write them in plain language: “My jaw grips; my words speed up; I lean forward.”

4. Respond

Pair the earliest signal with one action: put down the phone, rest your hands, or ask for a pause. Practice that action once while relatively settled.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Catch the rise

☐ The amber-light check

1 min

Notice a change without waiting for anger to become overwhelming.

1. Notice

Feel your feet or seat. Ask whether this is an early irritation, a strong urge to react, or a moment when you cannot respond safely.

2. Invite

Imagine a traffic light if useful: amber means pause and make room. It is a personal reminder.

3. Listen

At the first useful warning, let your hands rest and delay your response. Continue breathing normally.

4. Respond

If you cannot respond safely, leave the interaction when safe and get support. Do not wait to be completely overwhelmed before taking space.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Let the feeling move through

Allow sensation while pausing action. There is no deadline for anger to pass, and no need to intensify it to release it.

ANGER

Let the feeling move through

□ No second argument

2 min

Let anger exist without becoming angry at yourself for feeling it.

1. Notice

Notice the feeling and any added thought such as “I should not feel this.” Find one stable point of contact beneath you.

2. Invite

Describe it plainly: “That was annoying. I am angry.” Compare that description with “I should not feel this.” Neither sentence needs to remove the anger.

3. Listen

Let the bodily sensation and the support beneath you share attention. When the inner prosecution restarts, return to describing the sensation rather than debating it.

4. Respond

Choose not to send, accuse, or decide for this brief interval. A feeling can be present without receiving an immediate action.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Let the feeling move through

☐ Hands without a task

1 min

Explore less muscular effort without forcing relaxation.

1. Notice

Put down objects safely. Rest your hands on a surface or in your lap and notice how much work they are doing.

2. Invite

If comfortable, let your fingers uncurl a little. Allow your jaw to find a resting position without stretching or forcing it.

3. Listen

Keep an ordinary breath moving at its own pace. Notice any change, including none. There is no need to perform a calm face.

4. Respond

Use the small pause to choose your next action. Avoid hitting things or rehearsing an attack as a way to discharge anger.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Let the feeling move through

☐ A wave with room around it

2 min

Watch change without demanding that the feeling disappear.

1. Notice

Find a safe place to pause. Notice where anger is most apparent and where contact with the chair or floor is easy to feel.

2. Invite

If helpful, imagine the sensation as weather moving through a broad landscape. Keep some attention on the actual surroundings.

3. Listen

Notice whether the pressure, warmth, or movement changes. When an argument replays, acknowledge the thought and return to the present sensations.

4. Respond

Finish after a brief interval even if anger remains. Choose more space, support, or a practical step instead of waiting indefinitely to feel different.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Look underneath and alongside

Wait until you have enough room to be curious. Treat interpretations about yourself and others as possibilities, not discoveries of hidden truth.

ANGER

Related practices & variations

Look underneath and alongside

☐ What else is here?

3 min

Make space for hurt, fear, shame, grief - or simply anger.

1. Notice

When the intensity is manageable, feel your support and name the event in one factual sentence.

2. Invite

Ask, “Alongside this anger, is there hurt, fear, disappointment, embarrassment, or something else?” Let “nothing I can name” be a valid answer.

3. Listen

Imagine placing each possible feeling on a separate card. Listen for what each might need without treating the image or a bodily sensation as proof.

4. Respond

Choose one response to a present need: reassurance, rest, information, repair, or a boundary. You do not need to find a deeper explanation.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Look underneath and alongside

☐ Try their chair, keep your feet

3 min

A reflective comparison: consider two possible explanations, then check what you can.

1. Notice

Wait until there is enough steadiness to think. Notice your feet and state what you actually saw or heard, separate from the motive you assigned.

2. Invite

Imagine hearing the exchange from the other person’s position. Offer two possible explanations, such as misunderstanding or a competing pressure; neither is established fact.

3. Listen

Return attention to your own body. Ask what still matters to you, even if one of those explanations is true.

4. Respond

If safe and useful, ask a real question: “What did you mean by that?” Understanding their perspective does not require agreement, forgiveness, or remaining in an unsafe situation.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Return with a clear response

A softer body can support a firm boundary. Feeling less angry does not make the original problem disappear.

ANGER

Return with a clear response

☐ A pause with a return

2 min

Step away without turning silence into punishment.

1. Notice

Notice that the conversation is becoming harder to handle. Feel your support and choose a short sentence.

2. Invite

Try: “I am too wound up to discuss this well. I need a break. Can we check back in twenty minutes?” Choose a realistic time rather than a promise to be calm.

3. Listen

During the break, orient to your surroundings or take a comfortable walk somewhere safe. Let yourself stop composing the next attack.

4. Respond

Check back as agreed when safe. If you need longer, communicate that. You do not owe renewed contact in an abusive or dangerous situation.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Return with a clear response

☐ Firm words, ordinary breath

2 min

Translate anger into a request or boundary.

1. Notice

Rest your hands and identify the specific behavior that needs to change. Let your breathing stay natural.

2. Invite

Rehearse one plain sentence: “Please let me finish,” or “I will continue this conversation when we can speak without insults.”

3. Listen

Say it at a comfortable volume, or use your usual communication method. Leave a short pause afterward. Notice pace, breath, and any urge to retract the boundary. Firmness can coexist with shaking, tension, or anger; you do not need perfect composure.

4. Respond

Follow through on a safe, realistic action you control. If you caused harm, name it and offer repair without blaming the feeling for your behavior.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Happiness

The plans, concerns, and responsibilities can wait for a small, chosen pause. Feel the support beneath you. Let this moment be unclaimed. Sometimes, when striving quiets, a little happiness becomes easier to notice.

Quiet, neutrality, sadness, or restlessness can also be here. You do not have to manufacture joy to have a worthwhile pause.

Choose one invitation. Keep breathing naturally and movement comfortable. Images are optional: words or a simple idea work too. Stop or return to the room whenever you choose.

Give yourself a moment off duty

Choose a safe pause when no urgent task needs you. If you are driving, supervising someone, or handling something time-critical, attend to that first.

Let clarity have some room

There is no need to empty the mind. Let thinking become one part of a wider moment that includes contact, sound, and ordinary breathing.

Welcome what is pleasant

Small ease counts. These invitations need no purchase, achievement, or approval, and they can coexist with difficulties in your life.

Practice returning, not holding on

Maintaining happiness can mean caring for the conditions that welcome it, and returning gently when it changes. A fluctuating mood is not a failed practice.

Care beyond the exercise

If inward attention makes you feel worse or disconnected, stop and orient to the room or a familiar activity. Persistent low mood or loss of enjoyment deserves care and support, rather than more pressure to practice correctly.

About these invitations

NHS mindfulness guidance describes attending to present experience, including thoughts, feelings, and surroundings. These brief exercises and metaphors are original invitations inspired by that approach. NHS: mindfulness.

Give yourself a moment off duty

Choose a safe pause when no urgent task needs you. If you are driving, supervising someone, or handling something time-critical, attend to that first.

HAPPINESS

Give yourself a moment off duty

□ For the next minute

1 min

Make a small, honest agreement to stop solving things.

1. Notice

Choose a safe moment when your attention is not needed for an urgent responsibility. Sit or stand with comfortable support.

2. Invite

Offer: “For the next minute, I do not have to solve this.” Let the pause have a beginning and an end.

3. Listen

Notice one point of contact and an ordinary breath. If a concern returns, acknowledge it: “Still there; later.” No need to push it away.

4. Respond

When the minute ends, choose whether to resume or rest a little longer. The concern can wait briefly without being denied.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Give yourself a moment off duty

☐ The shelf that keeps your place

2 min

Set concerns down without worrying that you will lose them.

1. Notice

Write one brief reminder of anything you genuinely need to return to, with a suitable time if helpful. This is a bookmark, not a new planning session.

2. Invite

Imagine placing the reminder on a sturdy shelf. If imagery is unhelpful, simply turn the paper over.

3. Listen

Let your hands rest and offer: “It is kept. I can leave it alone for this moment.” Notice what your body does when you are not rehearsing the task.

4. Respond

Return to the reminder at the chosen time. A thought coming back early does not mean the pause failed; you can set it down again.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Give yourself a moment off duty

□ Nothing extra, just now

2 min

Loosen a small wanting without dismissing a real need.

1. Notice

Notice an ordinary wish for something more: another check, another purchase, another sign of approval. Check first for needs such as food, rest, or support.

2. Invite

If it is a nonurgent wanting, imagine opening a hand around it. You can want something without reaching for it this instant.

3. Listen

Feel the support already present and ask, “What is available before I get anything else?” Allow neutral sensations as well as pleasant ones.

4. Respond

Let the question end. Meet real needs and make later choices freely; this pause is not a vow to stop wanting.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Notes and reflections

Nothing extra, just now

Let clarity have some room

There is no need to empty the mind. Let thinking become one part of a wider moment that includes contact, sound, and ordinary breathing.

HAPPINESS

Related practices & variations

Welcome what is pleasant

Small ease counts. These invitations need no purchase, achievement, or approval, and they can coexist with difficulties in your life.

HAPPINESS

Related practices & variations

Welcome what is pleasant

☐ Warmth without an achievement

2 min

Read a believable permission to rest and notice agreement, resistance, or neither.

1. Notice

Rest your hands comfortably. Notice any feeling that you must finish or improve something before being allowed to feel good.

Warmth without an achievement (continued)

2. Invite

Try one believable sentence: “I can have a moment of ease while life is unfinished.” Change the wording if it feels false or demanding.

3. Listen

Imagine the tone of a kind companion, or simply read the sentence slowly. Let your body respond in its own way.

4. Respond

Leave room for warmth, resistance, or neither. Take that permission into one ordinary act of care, such as resting or making a meal.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Welcome what is pleasant

☐ Pause without grading the pause

2 min

Notice the urge to evaluate a break, then compare attending to an ordinary detail.

1. Notice

For a safe, brief interval, let the plans remain on the shelf. Notice your body here, with the room around it.

2. Invite

Notice any evaluation: “Am I happier yet?” or “I should be better at this.” Then attend to one comfortable or neutral detail in the room.

3. Listen

Compare evaluating the pause with noticing that detail. Happiness, irritation, quiet, or no obvious difference can all be here.

4. Respond

End the pause and return to your next task. The experiment was changing what you attended to, not achieving a mood.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Practice returning, not holding on

Maintaining happiness can mean caring for the conditions that welcome it, and returning gently when it changes. A fluctuating mood is not a failed practice.

HAPPINESS

Related practices & variations

Practice returning, not holding on

☐ A rhythm of small returns

3 min

Practice the conditions for contentment without keeping a happiness score.

1. Notice

Choose one existing daily transition, such as finishing lunch or putting away your work. Make it a cue for a brief pause.

2. Invite

At that cue, feel your support, set one concern down, and notice one neutral or pleasant detail.

3. Listen

Once in a while, ask what makes these pauses easier: enough sleep, food, movement, company, fewer interruptions, or help with a burden. Choose a practical adjustment.

4. Respond

Return to your responsibilities gently. Missed pauses and difficult days belong in the rhythm too; no streak, constant calm, or lasting happiness is required.

5. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

6. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Abilities

Inward exploration can reveal unexpected ways of experiencing the body, the mind, and the sense of self. Practitioners report what their own minds discovered through sustained exploration. Here, that orientation becomes accessible experiments with attention, imagination, sensation, and perception.

Begin where you are. The direction is toward calm, clarity, tranquility, and happiness through working with your own body and mind. Happiness is a direction of practice, never a result you must perform.

For a concrete start, estimate a sound’s direction and look, or estimate a hand’s position and check it. Mind Made Body explores building, inhabiting, changing, and releasing a construct.

Longer experiments · 10-30 minutes

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Read the advanced practice guidance before beginning.

Give imagination room to work.

A fortress, a protective boundary, another form, or an unusual capacity can be worth exploring as a mental construct. Building it, spending time within it, changing it, and setting it aside can reveal how attention, safety, agency, and attachment feel. Its value need not depend on describing an external physical event.

A little less grip from “me.”

Notice how sensations, images, and the thought “this is me” come together. If comfortable, explore relaxing a defended boundary or letting an experience be present without needing to own or control it. Nothing about your identity has to disappear.

Keep contact with the seat beneath you. Notice breath without forcing it, relax any unnecessary effort you can, and return to an ordinary activity. Explore whether a little more ease can accompany you.

Notice what happened. Leave room for uncertainty.

Describe your experience, compare what changes, and verify claims about external events where possible. No change is also worth noticing.

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Unusual does not mean advanced.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

Choose the question you need.

Core practices offers a gentle beginning. Self explores experienced boundaries. Insight investigates what is happening. DBT helps you choose a response to the current moment. Abilities explores what attention and imagination reveal, and how that exploration meets embodied life.

Attention

Begin with returning. Explore how attention meets sensation, thought, and imagination, allowing room for clarity and ease. Detail and steadiness are invitations, never tests of endurance.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Attention

☐ Stay

Brief experiment

Practice the return, not the absence of wandering.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Choose a sound or a point of comfortable contact. Stay with it for a few moments. When attention leaves, notice and return.

3. Compare

Distinguish noticing a departure from preventing one. An unnoticed interval is unknown, not proof of continuous attention.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Attention

□ Resolution

Brief experiment

Explore detail without increasing intensity.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Attend to one sensation. Notice its location, edge, texture, movement, or rhythm. Only describe qualities you can actually distinguish.

3. Compare

Which details were noticed, and which were expected?

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Attention

☐ Stable background

Brief experiment

Keep one object recognizable within a wider field.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Notice a point of contact while letting ordinary sounds and sight remain present. See whether the contact remains recognizable.

3. Compare

Did awareness seem continuous or did you repeatedly rediscover the object? Leave uncertain intervals uncertain.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Attention

□ Dual attention

Brief experiment

Compare one supported hand, the other, and both together.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Rest both hands on your lap or another surface. Attend to the contact of one, then the other, then both together. If a hand is unavailable, use two comfortable contact points.

3. Compare

Describe what happened in each condition: both seemed present, attention switched, one faded, or it was unclear.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Attention / Variation

☐ Three channels

Brief experiment

Include contact, sound, and sight.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Start with one available channel. Add a second, then a third if comfortable. Use only senses available to you.

3. Compare

Notice what drops from awareness and what remains. Reduce the number whenever clarity becomes effort.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Attention

□ Duration

Brief experiment

Compare clarity across brief sessions.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Choose a short comfortable interval and an ordinary sensory object. Return when attention wanders; finish before strain.

3. Compare

On another occasion, repeat under similar conditions. Compare clarity and ease of returning.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Notes and reflections

Duration

Hearing

Let ordinary sounds invite listening with less effort. Explore selection, expectation, and the space around a sound, at safe, comfortable volumes.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Hearing

☐ One sound

Brief experiment

Follow a single ordinary stream.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

One sound (continued)

2. Experiment

Choose a comfortable sound. Attend to its onset, variation, pauses, and ending without increasing the volume.

3. Compare

Which changes were clear? If using a recording, replay the same passage to check a specific detail.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Hearing

☐ Near / far

Brief experiment

Separate apparent distance from known distance.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Notice a sound that seems near, then one that seems far. Alternate emphasis and then try including both.

3. Compare

Look for their sources where safe. Compare your estimate with what you can check.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Hearing

☐ Layers

Brief experiment

Listen across foreground and background.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Identify a foreground sound, a less prominent stream, and a background sound if available. Then include them together.

3. Compare

Notice whether you separated sources or simply assigned labels. A missing third layer is a valid observation.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Hearing / Variation

☐ Whole auditory field

Brief experiment

Let selection soften.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Allow the available soundscape to be present without deliberately selecting a main sound.

3. Compare

Notice whether any stream still dominates. This describes your experience, not equal sensitivity to every sound.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Hearing

☐ Separate the orchestra

Brief experiment

Attend to one stream within a mixture.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

At a comfortable volume, choose one instrument in familiar music or one ordinary environmental sound. Bring it forward in attention, then let it rejoin the mixture.

3. Compare

Replay or check a known source when possible.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Hearing

□ Direction

Brief experiment

Make a sound-direction estimate before checking its visible source.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Seated safely, choose an ordinary sound with a source you can check. Without looking at it yet, estimate its direction in words: left, right, ahead, or behind. Keep eyes open if preferred.

3. Compare

Look toward the source where safe. Compare its location with your stated estimate: matched, partly matched, wrong, or not checkable. Reflections can make localization uncertain. If hearing is unavailable, try Body map instead.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Hearing

☐ Threshold

Brief experiment

Leave uncertainty audible.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

In an ordinary quiet place, notice faint sounds without hunting for them. Keep volumes unchanged; do not strain for silence or increase amplification.

3. Compare

Separate “I notice a sound” from “I expect one.” If its source cannot be checked, say so.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Seeing

Explore how attention shapes an ordinary scene: an object stands out, its surroundings come forward, or looking becomes less effortful. Blink freely; do not stare or strain.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Seeing

□ Peripheral expansion

Brief experiment

Include what is already around your focus.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

Peripheral expansion (continued)

2. Experiment

Look comfortably ahead. Without fixing your gaze rigidly, notice available color or movement around the central object. Blink normally.

3. Compare

Return to ordinary looking. Which details were easier to notice when you widened attention?

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Seeing

☐ Figure / ground

Brief experiment

Change the weighting of a scene.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Attend to an object. Then emphasize its surroundings, and finally restore the object as your main interest.

3. Compare

What became easier to describe in each condition? The scene can remain unchanged while emphasis moves.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Seeing

☐ Color before object

Brief experiment

Give visual qualities a moment before names.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Notice color, brightness, edges, or contrast in a safe ordinary scene. Let object names receive less emphasis briefly.

3. Compare

Restore ordinary recognition. Which details can you point to in the actual scene?

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Seeing

□ Negative space

Brief experiment

Notice the intervals between objects.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Look at the space between a chair and wall, or between branches and sky. Follow an available shape without straining.

3. Compare

Compare the shape you noticed with the scene.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Seeing

☐ Motion detection

Brief experiment

Notice movement without chasing it.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

In a safe stationary setting, look naturally ahead and notice movement elsewhere in the scene. Let your eyes move normally when needed.

3. Compare

Look toward a noticed movement to check it. Do not use bright lights, the sun, flashing stimuli, or traffic as a training challenge.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Seeing

□ Visual stillness

Brief experiment

Inspect an apparently stable scene.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Notice small changes in light, shadow, or your own position while viewing an ordinary scene briefly.

3. Compare

Which changes can you verify in the surroundings? Do not assign an external cause to every visual impression.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Body

Feel the body resting on its support. Explore how sensation, attention, and ideas of shape and position contribute to the experience of “my body,” while your physical body remains here.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

Start with Self if you prefer simpler explorations of contact and attention.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

□ Body map

Brief experiment

Compare felt position with visible position.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Seated, look away from your resting hands or close your eyes if comfortable. State one estimate: which hand is closer to a knee, or which way a palm faces. Use another accessible body part if needed.

3. Compare

Look or use a comfortable confirming touch to check the estimate. Record a match, mismatch, or uncertainty before trying another position. Keep the felt estimate distinct from the check.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Body

☐ Size

Brief experiment

Compare felt and seen dimensions.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Attend to one resting hand. Notice its apparent size and how prominent its boundaries feel.

3. Compare

Look at the hand. Compare the felt impression with its visible dimensions; no change in physical size is implied.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space

Explore how a mental map gives you a sense of “here,” “near,” and “around me.” Stay seated or lying in a familiar place, with actual contact as a steady reference.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Space

☐ Describe your ordinary viewpoint

Brief experiment

Compare a scene description with the body contact that accompanies it.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

While seated, describe one visible object and its position relative to you. Then notice one contact point on your face, head, or back. If vision is unavailable, use an ordinary sound.

3. Compare

Which parts of “from here” are directly felt, and which are an idea about position? An unclear answer is possible.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space

□ Room map

Brief experiment

Give a spatial estimate a reality check.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Look around a familiar room. Look away or close your eyes if comfortable, then describe the door and three objects in relation to each other. Words or a sketch are enough. Leave gaps empty.

3. Compare

Look again and check one relation at a time. What did you miss or put in the wrong place? Correct the map. If vision is unavailable, use a small familiar arrangement you can check by touch.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space / Variation

☐ Constructed room

Brief experiment

Build a small map, then check it.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Represent a familiar room and move attention through a few objects. Leave uncertain positions unfilled.

3. Compare

Compare with the room or a current photograph. Correct mismatches; a photograph may not show every detail.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space / Variation

☐ Location reconstruction

Brief experiment

Check a familiar layout.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Recall the placement of a few objects in a familiar place. State what you remember before looking.

3. Compare

Compare with the place or a dated photograph. Consider whether the place itself changed.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Space

□ Near me

Brief experiment

Explore the experienced boundary of nearby space.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

While seated, observe familiar objects at different safe distances from your body. Notice which feel distinctly nearby. Keep objects away from your face.

3. Compare

Compare felt nearness with visible placement. Does “near me” seem to depend on attention or expectation? Leave the answer open; the feeling is not a precise distance measurement.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

Build an object, sound, or place in the mind, then change it and let it go. Notice choice, effort, and attachment along the way. Imagery varies: use spatial knowledge, words, sound, or touch instead of pictures, or skip an exercise.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Mental Construction

☐ Actual posture, imagined posture

Brief experiment

Explore another posture in imagination while staying with physical contact.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Only if ordinary body awareness feels steady, imagine a second representation in the same seated position while retaining actual contact with the chair. Briefly imagine one arm in a different position.

3. Compare

Identify which arm position is imagined and which is physically visible. Notice whether either feels more like “mine,” without needing to settle the question. End immediately if the distinction between imagined and actual becomes unclear.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction / Variation

□ Double position

Brief experiment

Represent an alternative while knowing the actual position.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Remain seated with physical contact clear. Imagine the same body sitting slightly differently, without changing your actual posture.

3. Compare

Name the actual position and the imagined alternative separately. If either becomes confusing, finish and return.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Represented movement

Brief experiment

Compare different ways of imagining an action.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Keep the arm resting. Briefly picture raising it, then consider the intention to raise it and the imagined feel of movement, without performing it.

3. Compare

Notice whether these were distinct or unavailable. Check that the arm remained at rest; imagery is not physical movement.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

□ Shift

Brief experiment

Imagine a small change in viewpoint.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Keep contact with the chair clear. Imagine a viewpoint slightly to one side for a moment, then restore the ordinary perspective.

3. Compare

Compare imagined and actual viewpoints. Does the sense of “from here” feel different? Keep that inward impression separate from what your eyes can actually see.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Imagine a tilted object

Brief experiment

Change an object’s imagined orientation while keeping your own support ordinary.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Remain seated or lying securely. Represent a familiar cup standing upright on a table, then tilted slightly, then upright again. Describe the orientations in words if you do not form pictures.

3. Compare

Compare whether you could choose and reverse the tilt, or whether the representation drifted. Return attention to the actual surface supporting you.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Imagine a heavier cup

Brief experiment

Explore how an imagined weight changes the feel of a construct.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

With your body supported, imagine a familiar cup as slightly heavier, ordinary, then slightly lighter. Keep actual objects at rest. Words such as “heavier” and “lighter” can stand in for imagery.

3. Compare

Describe whether the imagined property changed as intended or stayed vague. No lifting, balancing, heights, or water experiments.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

□ Simple object

Brief experiment

Choose a representation rather than a required picture.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Represent a familiar cup through shape, orientation, texture, or words. Use whichever mode is available.

3. Compare

Compare with the real cup. Separate recalled details from invented ones.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction / Variation

□ Multimodal object

Brief experiment

Include more than one attribute without forcing vividness.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Represent a familiar object through any available combination of appearance, texture, weight, sound, and location.

3. Compare

Which attributes remained distinct? Check available properties against the real object rather than rewarding vividness.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Rotate

Brief experiment

Explore a coherent change in orientation.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Represent a simple familiar object and turn it mentally a little. A spatial or verbal description is enough.

3. Compare

Turn the real object and compare. Where did the representation become uncertain?

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

□ Constructed sound

Brief experiment

Keep imagined sound separate from hearing.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Recall a familiar bell, voice, or short musical phrase deliberately. Let it end when you choose.

3. Compare

If possible, compare with a recording at comfortable volume. Identify the recalled sound as imagery, not a sound from the room.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Constructed touch

Brief experiment

Represent an ordinary tactile experience.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Imagine holding a familiar object: its surface, temperature, or weight. Use descriptive words if tactile imagery is absent.

3. Compare

Handle the actual object safely and compare. A convincing representation may still be inaccurate.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ A represented body

Brief experiment

Include a whole-body outline without leaving physical contact.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Keep contact with the chair or floor recognizable. Represent your seated body in roughly its current posture, using imagery, spatial knowledge, or words. Add only a few landmarks: head, hands, feet.

3. Compare

Notice which details feel like “me” and whether that feeling changes with attention. Keep actual sensation distinct from the constructed outline. If the distinction becomes difficult or uncomfortable, end the exercise.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction / Variation

☐ One clear outline

Brief experiment

Begin with a simple representation.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Sit comfortably and feel where your body meets its support. Imagine the rough outline of one resting hand, or describe its shape in words. Leave out fine detail.

3. Compare

Compare the imagined outline with your actual hand. Which features were seen, which recalled, and which invented?

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Move the representation

Brief experiment

Change the imagined position while the body rests.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

While physically still, imagine the represented hand rising, then lowering. If comfortable, place the whole represented body beside its original position in your mental map.

3. Compare

Notice whether you can choose the change and reverse it. Look at your resting body: the imagined movement has not moved it.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Place an object

Brief experiment

Give a construct a chosen location.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Represent a familiar cup or stone. Imagine it on a nearby surface, then somewhere else in your mental map. Choose its orientation and one feature. Let actual objects stay untouched.

3. Compare

Check whether the chosen placement remains coherent. You are imagining an object at a location, not putting a physical object there.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

□ Beyond the visible room

Brief experiment

Represent a destination without needing to see it.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Choose a familiar room you cannot currently see, or invent one. Mark its details as remembered or invented. Place your represented body or object there in imagination, while retaining actual contact with your seat.

3. Compare

Ask whether you can maintain the intended location and bring the construct back.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Change a scene’s boundary

Brief experiment

Change one rule in a made-up scene, then restore it.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

While seated away from hazards, represent a wall with a closed doorway in a made-up scene. Open the doorway in imagination, then restore it. Use words or a sketch if pictures are unavailable. Optional playful variation: let a represented object pass through the imagined wall. Notice what opening or changing the boundary feels like; no particular response is needed.

3. Compare

Compare a closed boundary with an opening. Notice ease, resistance, or no difference, then end the scene. Distinguish the scene from physical space. Do not enact it at a real wall, height, or water.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

□ A mental fortress

Brief experiment

Create a repeatable imagined place.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Choose a small invented room, garden, or fortress. Give it an entrance and three landmarks. Imagine being within it while feeling your actual support. Try opening a door, changing a wall, or softening an edge. Revisit briefly if useful.

3. Compare

Notice whether protection or openness changes the feel of attention, effort, or “me.” Leave the meaning open, then set the place aside.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mental Construction

☐ Build, revise, release

Brief experiment

Explore choosing, allowing, and letting go.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Recall one simple construct. Change one chosen property, restore it, and then deliberately let it fade. Keep the session brief; do not chase vividness or permanence.

3. Compare

Notice the difference between choosing a change and trying to hold every detail in place. Can the construct fade without needing to keep it as “mine”? No change is required. Feel your support and return to an ordinary task.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Memory

Notice how remembering shapes the present, using ordinary, recent, neutral events. Allow an unfinished memory to stay unfinished. Leave gaps empty.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Memory

□ Morning reconstruction

Brief experiment

Recall a neutral recent sequence without filling gaps.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

Morning reconstruction (continued)

2. Experiment

Recall the broad outline of your morning, then any locations, objects, or sounds that arise without prompting yourself to invent detail.

3. Compare

Check one ordinary fact against a reliable record if available. Distinguish a remembered detail from an inference about routine.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Memory

☐ Reverse day

Brief experiment

Find the edge of continuity.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

From now, recall a few recent neutral events in reverse order. Stop at an uncertain transition rather than building a story across it.

3. Compare

Use a timestamp or other ordinary record where available. A repeated reconstruction can repeat an error.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Memory

☐ Sensory key

Brief experiment

Notice what is available without elaborating it.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

Choose an ordinary genuine memory. Notice which visual, auditory, spatial, or bodily details are available. Do not search for hidden events.

3. Compare

Mark unsupported details as uncertain.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Memory

□ Certainty tags

Brief experiment

Let confidence remain separate from evidence.

1. Prepare

Choose a safe ordinary moment with no task demanding your attention. Decide what you expect to notice.

2. Experiment

For a neutral recent event, mentally tag details as clear recollection, tentative recollection, inference, or unknown.

3. Compare

Check what can be checked. Clear recollection still can be wrong; unknown is a useful endpoint.

4. Return

Let the experiment end. Return to your surroundings and ordinary activity. Keep observation separate from interpretation.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Mind Made Body

For experienced meditators who are familiar with earlier practices such as Mental Fortress and can return comfortably to ordinary bodily contact. Advanced here means sustained attention, precise observation, and willingness to revise an assumption.

What makes a body feel like my body? How does an imagined form become a place I seem to inhabit? Build, inhabit, modify, compare, and release a construct while your actual body remains supported. Wonder and unanswered questions belong here.

Move toward clarity, tranquility, and happiness without turning any feeling into an assignment. Explore what becomes more flexible, what remains unchanged, and how inward understanding meets daily life.

Preparation gathers attention and settles intentions. Formation gives experience a complete imagined body. Distinction keeps form and physical contact clear. Self-Inquiry examines “me” and “mine.” Integration asks what the exploration warrants and how you live with it. Follow this sequence as a suggestion, repeat a stage, or return to a simpler inquiry.

A steady foundation and an easy return.

Practice seated or resting with physical support, natural breathing, and no task demanding your attention. Shorten, pause, return to Preparation, or finish whenever you choose. If you feel disoriented, frighteningly detached, or unable to return comfortably, stop the imagery and orient to familiar surroundings. Persistent disorientation, frightening detachment, or difficulty returning to ordinary activity are reasons to seek appropriate support.

Before proceeding, check that you can recognize physical contact, choose a small change in attention, and let a construct go. If that feels difficult today, remain with Preparation, choose a Core practice, or finish. Breathing stays natural; sensory intensity is not the aim.

To close, let the form end, feel the seat and your hands, look or listen around the familiar room, and begin an ordinary activity when steady. Keep a question unanswered rather than extending a session to force a conclusion.

Explore the outline of “me.”

Notice the seat beneath you while a represented form takes shape. Explore what is sensation, what you construct, and what you infer. The feeling of ownership can strengthen, soften, or remain ordinary. Questions about an observer or a continuing self can stay questions.

Each card includes a reflection and a concise distinction about its inquiry. Broader scope and evidence notes remain on Disclaimers.

Earlier imagery experiments

The earlier short exercises remain available under Mental Construction. Existing exercise bookmarks take you there. The five categories above contain the complete new 35-practice sequence.

Mental Fortress

Explore protection you can adjust, open, and set aside.

Mental imagery & imagined places

Creating an imagined place you can revisit is a familiar form of guided imagery, also called visualization. A room, garden, or fortress can give that place a personal shape.

- Guided imagery - VA Whole Health Library: an overview of working with imagined sensory experiences, including a comfortable or peaceful place.

- Visualisation - Oxford Health NHS: a practical guide to imagining a calm place and exploring its sights, sounds, and other sensory details.

“Mental fortress” is used here as a name for your chosen imagined setting.

Preparation

A steady foundation

Settle unfinished intentions, gather attention, and choose whether today is a day to explore further.

Practice with physical support and natural breathing. You may shorten, pause, or finish; read readiness and return guidance before beginning.

Notes and reflections

Certainty tags

Preparation

□ Settling Unfinished Intentions

5-8 min

Explore whether acknowledging an unfinished matter changes the effort of sitting.

Choose an ordinary unresolved matter; leave overwhelming conflicts for supported work.

1. Arrive

Sit with support and notice where attention keeps returning. Identify one unfinished promise, conversation, or task without reviewing your whole life.

2. Choose

Describe the matter in a plain sentence. Distinguish an action you owe from a demand that everything must be resolved before you can rest.

3. Explore

Choose one honest next action, such as correcting a statement or arranging a conversation. Write a realistic time to return to it; act first if it cannot wait.

4. Vary

Imagine placing that intention in an open notebook beside your seat. Let it remain available while you attend to actual bodily contact.

Settling Unfinished Intentions (continued)

5. Compare

Compare this with trying to push the matter away. Notice any difference in rehearsal, tension, or ease; agitation or no change can also occur.

6. Consider

Decide whether a short exploration now fits your responsibilities. Staying with simple contact or finishing to act on the matter are equally available.

7. Return

Set down the imagined notebook while keeping the practical reminder. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What becomes easier when an intention is acknowledged rather than silently carried?

Open this practice online

NOTES

Preparation

☐ Gathering Scattered Attention

5-8 min

Find a workable center without excluding the rest of experience.

Begin with a familiar contact point and an unhurried interval.

1. Arrive

Notice your supported hands, the room, and the current pace of thought. Let this be a baseline before changing attention.

2. Choose

Choose one contact point as a place to return. Intend to recognize a departure rather than prevent every departure.

3. Explore

Imagine several loose threads resting together in an open palm. Let the image suggest gathering while keeping the actual palm recognizable.

4. Vary

Include an ordinary sound beside contact, then return to contact alone. Try this once more without shortening or deepening the breath.

Gathering Scattered Attention (continued)

5. Compare

Compare scattered, narrow, and gathered attention. A crowded field, repeated switching, or a faint center are all specific observations.

6. Consider

Ask whether returning feels available without a struggle. Choose another brief round, simpler contact, or an ending on that basis.

7. Return

Let the thread image disappear and stop gathering deliberately. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What distinguishes gathering attention from trying to make experience quiet?

Open this practice online

NOTES

Preparation

□ Tranquility Throughout the Body

6-10 min

Let an available patch of ease belong to a wider bodily field.

Use a supported posture you can adjust without strain.

1. Arrive

Notice contact at the seat, back, and hands, using the parts available to you. Distinguish ordinary pressure from efforts to hold yourself still.

2. Choose

Choose a neutral or comfortable area as a starting point. Let breathing continue on its own rather than making calm a breathing task.

3. Explore

Imagine the quality of that area as a roomy atmosphere around the whole body. Invite other areas into the field without demanding they match it.

4. Vary

Alternate between that wide invitation and one precise contact detail. Adjust an uncomfortable posture instead of trying to imagine discomfort away.

Tranquility Throughout the Body (continued)

5. Compare

Notice whether ease spreads, stays local, disappears, or sits beside tension. Compare actual sensation with the atmosphere you are imagining.

6. Consider

Let the whole body be represented with its uneven qualities. Decide whether this offers enough steadiness for a further practice today.

7. Return

Allow the imagined atmosphere to disperse while leaving any ordinary ease alone. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Can tranquility include an area that has not relaxed?

Open this practice online

NOTES

Preparation

□ Clarity Without Strain

5-7 min

Distinguish a clear detail from the effort used to obtain it.

Keep eyes open or softly closed according to comfort.

1. Arrive

Rest and notice one actual texture or point of pressure. Describe only what is already distinguishable before concentrating.

2. Choose

Choose one quality to investigate, such as an edge, rhythm, or location. Intend curiosity rather than a sharper or stronger sensation.

3. Explore

Represent that quality with a simple word or shape. Notice which part is a sensation and which part is your way of describing it.

4. Vary

Ease any unnecessary effort in the face or hands, then attend again. If detail fades, acknowledge the fading without tightening to recover it.

Clarity Without Strain (continued)

5. Compare

Compare clarity before and after easing. Look for clearer detail, less detail, unchanged detail, and differences in effort as separate observations.

6. Consider

Choose the lightest workable way of attending. A less detailed but more sustainable exploration may fit this session better.

7. Return

Drop the descriptive shape or word and let attention broaden. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

How much of the effort was helping me notice?

Open this practice online

NOTES

Preparation

☐ Steadiness Without Rigidity

5-8 min

See whether a stable reference can allow movement and change.

Choose a posture that permits a small comfortable adjustment.

1. Arrive

Notice your supported posture and a familiar sound or contact. Observe how you currently respond when either changes.

2. Choose

Choose contact as a reference that can be rediscovered. Picture a flexible frame around attention rather than a fixed enclosure.

3. Explore

Let an ordinary thought or sound enter while you keep contact available. Notice whether stability feels like exclusion or room for change.

4. Vary

Make one comfortable physical adjustment, then find the reference again. Use a shift of attention if movement is unavailable.

Steadiness Without Rigidity (continued)

5. Compare

Compare the periods before, during, and after the change. Steadiness may continue, disappear briefly, or return in a different form.

6. Consider

Decide whether you can allow another small change without bracing. If rigidity increases, stay with ordinary surroundings or finish.

7. Return

Set the flexible frame aside and stop testing steadiness. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Can I be steady without keeping this moment the same?

Open this practice online

NOTES

Preparation

□ Making Attention Malleable

6-9 min

Practice choosing an emphasis and reversing it without force.

Use two accessible references, such as hand contact and an ordinary sound.

1. Arrive

Rest with both references available. Notice which one attracts attention before you make a choice.

2. Choose

Intend to emphasize the first reference, then the second, then both. Keep this order simple enough to remember without rehearsal.

3. Explore

Follow the sequence slowly. Imagine attention as a window whose size you can change while the body remains supported.

4. Vary

Reverse the order and include a pause without selecting either reference. If one channel is unavailable, compare two contact points.

Making Attention Malleable (continued)

5. Compare

Compare chosen shifts with spontaneous shifts. Notice lag, resistance, effortless changes, or times when the intention had little effect.

6. Consider

Choose a smaller change that remains comfortable. Malleability here includes being able to abandon the sequence rather than completing it at any cost.

7. Return

Let the window image and the sequence end together. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Where does attention follow an invitation, and where does it have its own momentum?

Open this practice online

NOTES

Preparation

□ Readiness Without Expectation

5-7 min

Choose whether to proceed by checking ordinary capacities, not seeking a special state.

Try after a familiar settling practice; keep an ordinary task available for afterward.

1. Arrive

Feel support and name your current surroundings. Notice fatigue, eagerness, hesitation, and any expectation of a dramatic experience.

2. Choose

Imagine a simple open doorway representing the choice to continue. Give equal space to entering, waiting, and leaving.

3. Explore

Form a small image or spatial idea, change one feature, and release it. Then return to a real contact point without rushing.

4. Vary

Try the same brief cycle using words instead of a picture. Notice whether changing the medium makes choice easier or harder.

Readiness Without Expectation (continued)

5. Compare

Check whether you can locate the room, distinguish the construct, and stop willingly. Interest alone need not decide the next step.

6. Consider

Choose one Formation practice, another Preparation practice, or an ending. Name the reason in terms of what you noticed today.

7. Return

Close the imagined doorway and let the readiness question rest. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What would proceeding with curiosity rather than expectation look like today?

Open this practice online

NOTES

Formation

Giving experience a form

Build a complete imagined body in a mode available to you, then explore what it is like to inhabit it.

Practice with physical support and natural breathing. You may shorten, pause, or finish; read readiness and return guidance before beginning.

Formation

□ The Whole-Body Outline

6-10 min

Give an imagined body a coherent outline while actual contact stays available.

Begin after Preparation feels workable; use your own familiar body as a reference.

1. Arrive

Rest and locate your actual head, trunk, limbs, and support in whatever way is accessible. Notice the difference between feeling a part and knowing its position.

2. Choose

Intend a complete outline in the same seated or resting posture. Let the form reflect your body rather than an ideal or prescribed anatomy.

3. Explore

Build it through a few landmarks, then connect them into a whole. A spatial map or sentence can carry an area without a picture.

The Whole-Body Outline (continued)

4. Vary

Explore both viewing the outline and sensing “I am situated within this form.” Move between these ways gently while retaining seat contact.

5. Compare

Compare coherence, missing regions, and the sense of being inside. A whole may feel present even when its details remain indistinct.

6. Consider

Note which landmarks you created deliberately and which seemed to arrive on their own. Let the distinction remain approximate if needed.

7. Return

Let the whole outline fade instead of checking every part again. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What makes a few landmarks feel like one body?

Open this practice online

NOTES

Formation

□ Completing the Felt Form

7-10 min

Explore how a partial representation becomes a felt whole.

Use a simple outline you can release comfortably.

1. Arrive

Feel the actual seat and recall a rough bodily outline. Identify one region that feels clear and one that remains unspecified.

2. Choose

Choose to include the less clear region without making it vivid. Consider how it relates to neighboring regions rather than supplying every detail.

3. Explore

Imagine the continuity between head, trunk, and available limbs. Let an absent, changed, or unfamiliar body part remain represented in a way you choose.

4. Vary

Spend a moment within the form as a whole, then attend to the once-vague region. Notice whether the whole changes when detail receives emphasis.

Completing the Felt Form (continued)

5. Compare

Compare completion as a picture, as spatial knowledge, and as a felt sense. Blankness, mismatch, or uncertainty may remain in one mode.

6. Consider

Leave one feature deliberately unspecified and see whether the form still feels complete enough to inhabit. Do not fill it merely to satisfy the task.

7. Return

Release both the detailed region and the wider form. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Does completeness depend on having every detail?

Open this practice online

NOTES

Formation

□ Form Without a Visual Picture

6-9 min

Build embodiment through position, touch, words, or imagined movement.

Choose a nonvisual mode even if visual imagery is available.

1. Arrive

Notice the actual direction of your hands and the pressure of support. Begin with information available without trying to see an inner image.

2. Choose

Choose spatial relations, imagined texture, or movement as your main medium. Describe a resting form in one simple sentence if helpful.

3. Explore

Construct a relation such as “my hands rest before my trunk.” Let that knowledge organize a whole form without adding color or visual edges.

4. Vary

Imagine a slight change in the form’s hand position while your real hand rests. Return to the original relation and compare the two.

Form Without a Visual Picture (continued)

5. Compare

Notice which aspects can change voluntarily and which remain only words. Neither vividness nor a sense of inhabiting has to appear.

6. Consider

Try another available medium once, then choose the one that requires least strain. Record the difference rather than ranking the modes.

7. Return

Let the positional description and any imagined movement end. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

How much form can be known without being pictured?

Open this practice online

NOTES

Formation

□ Inhabiting the Construct

7-10 min

Compare seeing a form with feeling situated within it.

Keep a familiar outline close to your actual resting posture.

1. Arrive

Locate actual support and construct a simple resting body. Begin by considering it as a form you are looking at or describing.

2. Choose

Intend a brief shift to “from within this form.” Imagine where its hands and surrounding space would be relative to its center.

3. Explore

Let the phrase “I am sitting here” refer to the represented posture for a moment, while continuing to recognize actual contact beneath you.

4. Vary

Return to describing the form from outside, then try inhabiting it again. Keep both shifts small; finish if orientation becomes confusing.

Inhabiting the Construct (continued)

5. Compare

Compare perspective, closeness, effort, and ownership across the two modes. A shift may be subtle, absent, or different from what the words suggested.

6. Consider

Describe what “within” consisted of: a viewpoint, a bodily feeling, a thought, or a mixture. Leave unrecognized parts of the experience unnamed.

7. Return

Step out of the imagined perspective and release the form. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What changed when the form became a place to experience from?

Open this practice online

NOTES

Formation

□ An Imagined Hand in Motion

6-8 min

Separate an intention to move from the imagined feel of moving.

Rest an actual hand visibly on support; use another accessible part if preferred.

1. Arrive

Look at the resting hand and notice pressure beneath it. Establish its actual posture before forming a represented hand.

2. Choose

Intend one small imagined movement, such as opening a represented finger. Keep the actual hand resting without bracing it.

3. Explore

Imagine the movement from within the hand: changing position, space, and the sense of doing. Notice whether you also view it from outside.

4. Vary

Restore the imagined position, then let a second movement unfold with less rehearsal. Check the actual hand by sight or comfortable touch.

An Imagined Hand in Motion (continued)

5. Compare

Compare intention, imagined motion, and any actual movement. A lag, an unexpected direction, or no felt movement gives you something specific to describe.

6. Consider

Repeat once with a slower imagined action. Ask which details changed when you allowed more time without demanding greater vividness.

7. Return

Let the represented hand return to rest and disappear. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Which part of this movement felt intended, and which felt discovered?

Open this practice online

NOTES

Formation

□ Changing One Quality

6-9 min

Investigate what remains recognizable when one feature changes.

Use a familiar form with actual contact easy to recognize.

1. Arrive

Construct a comfortable resting form and notice one quality already present, such as its imagined texture or the breadth of its outline.

2. Choose

Choose one reversible change: smoother texture, a softer edge, or slightly different proportions. Leave posture and other features as they are.

3. Explore

Inhabit the changed version briefly. Notice how a single feature affects the whole and whether a feeling of “my form” accompanies it.

4. Vary

Restore the original quality, pause at actual contact, and try the change once more. Avoid adding more changes when the first becomes interesting.

Changing One Quality (continued)

5. Compare

Compare familiarity, ownership, and ease in each version. The new quality may remain conceptual, feel compelling, or resist your intention.

6. Consider

Name what seemed continuous despite the difference. Distinguish something you noticed from something you assumed would remain.

7. Return

Release both versions rather than choosing one to keep. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What made this still seem like the same form?

Open this practice online

NOTES

Formation

□ Sustaining Without Grasping

7-10 min

Let a form remain available without continuously repairing it.

Choose a modest form rather than your most elaborate construction.

1. Arrive

Settle into support and recall a simple whole-body form. Notice how much effort you initially use to keep its features recognizable.

2. Choose

Intend to let the form remain in the background while you include actual contact. Treat fading as an observation rather than a problem.

3. Explore

Rest within the form for a short interval without checking each landmark. Notice spontaneous changes when they become apparent.

4. Vary

Rebuild only one lost relation if useful, then allow the form to continue again. Compare rebuilding with leaving the missing detail open.

Sustaining Without Grasping (continued)

5. Compare

Observe whether the form persists, fragments, changes, or disappears. Separate its continuity from the frequency with which you inspect it.

6. Consider

Choose whether to sustain a little longer or end. Notice any urge to preserve a successful version beyond the intended session.

7. Return

Allow the form to finish without one final repair. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

When does caring for a construct become holding on to it?

Open this practice online

NOTES

Distinction

Holding two experiences clearly

Keep physical contact and imagined form recognizable together; compare intention with what actually happens.

Practice with physical support and natural breathing. You may shorten, pause, or finish; read readiness and return guidance before beginning.

Distinction

□ Physical Contact and Imagined Form

6-9 min

Keep two kinds of bodily information recognizable together.

Use a formed outline and a reliable actual contact point.

1. Arrive

Locate pressure where your actual hand or back meets support. Describe one physical detail before recalling the imagined body.

2. Choose

Intend to recognize contact as felt information and the form as something constructed. Use brief labels only while they help.

3. Explore

Let the imagined body occupy its familiar position while actual contact stays available. Notice whether one automatically takes the foreground.

Physical Contact and Imagined Form (continued)

4. Vary

Alternate emphasis without attempting to intensify either experience. Return to contact alone whenever the distinction feels unclear.

5. Compare

Compare texture, location, changeability, and effort in each. Some features may overlap while others remain easy to distinguish.

6. Consider

Describe one clear difference and one uncertain difference. Consider how you recognized each rather than deciding which felt more important.

7. Return

Let the imagined body go and feel the remaining contact directly. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What lets me recognize contact and construction without rejecting either?

Open this practice online

NOTES

Distinction

□ Two Forms, One Field of Attention

7-10 min

Include a supported physical body and its imagined counterpart without forcing equal clarity.

Begin where physical orientation and voluntary release are familiar.

1. Arrive

Notice your actual posture through contact and a look or comfortable touch. Then build an imagined counterpart in a nearby, clearly chosen position.

2. Choose

Choose one landmark for each, such as an actual resting hand and a represented hand. Intend recognition rather than continuous simultaneous detail.

3. Explore

Allow both landmarks within attention. Explore the whole field containing physical support, imagined form, and ordinary sounds.

4. Vary

Emphasize one form, then the other, then widen again. If either becomes confusing, release the image and finish with the room.

Two Forms, One Field of Attention (continued)

5. Compare

Notice switching, overlap, unequal clarity, or the loss of one form. Do not fill an unnoticed interval with a story of continuous attention.

6. Consider

Compare the field with your initial expectation of holding two things together. State what was actually available in ordinary language.

7. Return

Release the counterpart and return emphasis to actual support. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Did “together” mean equal detail, a shared field, or repeated rediscovery?

Open this practice online

NOTES

Distinction

□ The Form and Its Surrounding Space

6-9 min

Explore how an outline and its imagined surroundings shape one another.

Choose a small familiar setting; no distant or hidden location is needed.

1. Arrive

Feel actual support, then place your represented body in a simple imagined room. Notice the outline before attending to its surroundings.

2. Choose

Choose a small region beside the form, such as the space near an imagined shoulder. Let it be spacious enough for unhurried exploration.

3. Explore

Attend to the form’s edge, then to the surrounding interval. Notice whether an edge becomes firmer when selected or softer when attention widens.

4. Vary

Imagine increasing the space slightly without changing the form itself. Restore the earlier spacing and compare from within the form.

The Form and Its Surrounding Space (continued)

5. Compare

Notice whether the change affects closeness, protection, openness, or nothing recognizable. Distinguish the scene from the room physically around you.

6. Consider

Describe where the experienced boundary seemed to come from: outline, surrounding contrast, attention, or an interpretation you added.

7. Return

Release the imagined room together with its central form. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

How much does a boundary depend on what I place around it?

Open this practice online

NOTES

Distinction

□ Drawing Out the Form

7-10 min

Move an imagined counterpart out of an imagined containing outline while staying physically supported.

Use a stable seated posture and a form you can release; keep eyes open if helpful.

1. Arrive

Confirm actual seat contact and orientation to the room. Construct a simple imagined form aligned with the posture of your resting body.

2. Choose

Imagine a light sleeve around that form, like a fitted outline containing a removable inner shape. Both the sleeve and its contents are constructed.

3. Explore

Intend to slide the inner form a small distance forward in imagined space while the sleeve stays in place. Keep the actual body resting.

4. Vary

Pause with the two outlines distinguishable. Briefly sense from within the displaced form, then return to describing it from your ordinary viewpoint.

Drawing Out the Form (continued)

5. Compare

Compare intended distance, apparent position, and actual support. The shape may remain aligned, drift, or become vague; no displacement needs to succeed.

6. Consider

Bring the imagined form back into its sleeve once, if comfortable. Notice which features make the two distinguishable during return.

7. Return

Release the inner shape and its containing outline together. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What changed when the imagined form became separate from its imagined container?

Open this practice online

NOTES

Distinction

□ Returning the Form

6-9 min

Explore an imagined return as a chosen transition rather than an urgent repair.

Only use a slightly displaced form if ordinary orientation remains easy.

1. Arrive

Locate the real chair, room, and resting hands before constructing a counterpart a little to one side. Keep the displacement modest.

2. Choose

Choose an imagined route back to the represented resting posture. Predict which landmark will seem to align first.

3. Explore

Let the form approach slowly through the chosen route. Observe whether the movement is felt from within, seen, described, or simply known.

4. Vary

Pause before alignment, return to actual contact, then complete the imagined movement. Skip the pause if it creates unnecessary effort.

Returning the Form (continued)

5. Compare

Compare the predicted landmark with what you noticed. Arrival may feel definite, gradual, unchanged, or difficult to locate.

6. Consider

Notice whether you assumed something needed repair before returning. Let that interpretation remain a question rather than a reason to repeat.

7. Return

Release the aligned form; ordinary contact is available without keeping the image. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What made the return feel complete, if it did?

Open this practice online

NOTES

Distinction

□ Prediction and What Actually Happens

7-10 min

Give an expectation room to fail without losing interest in the exploration.

Keep a note nearby and choose a single reversible change.

1. Arrive

Feel support and build a modest form. Record its current clarity and the ordinary effort of maintaining it in a few words.

2. Choose

Predict one specific result, such as “softening the outline will reduce effort.” Write the prediction before making the change.

3. Explore

Change only the chosen feature and stay with it briefly. Attend to the predicted quality and any unexpected response.

4. Vary

Restore the original version and repeat once with less emphasis on the expected result. Keep duration and posture roughly comparable.

Prediction and What Actually Happens (continued)

5. Compare

Compare both observations with the written prediction. Mark matched, partly matched, different, or unclear; include a failed prediction plainly.

6. Consider

Name one other condition that may have mattered, such as fatigue or familiarity. Choose whether a later comparison would be informative.

7. Return

Release the form and leave the prediction on the page rather than carrying it as a verdict. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What did the mismatch teach me that agreement would have hidden?

Open this practice online

NOTES

□ Releasing and Reconstructing

7-10 min

Explore continuity when a chosen form ends and is made again.

Choose three simple landmarks you can describe without a picture.

1. Arrive

Rest with actual support and construct a form using the three landmarks. Note one unexpected feature that appears alongside your choices.

2. Choose

Intend to let the entire form end, including any effort to keep a faint copy. Keep ordinary sight, sound, and contact available.

3. Explore

Release it and pause with the room. Notice lingering fragments without having to remove them or count them as a complete form.

4. Vary

Reconstruct from the original three landmarks. Let fresh details appear without referring to the earlier version as a standard to match.

Releasing and Reconstructing (continued)

5. Compare

Compare similarity, difference, effort, and the feeling of continuity. Distinguish remembered features from ones you can actually notice now.

6. Consider

Consider whether “the same form” means matching parts, a familiar intention, or something else. Leave that account open to another session.

7. Return

Release the reconstructed version and any remaining comparison image. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What carries continuity across a deliberate gap?

Open this practice online

NOTES

Self-Inquiry

Examining “me” and “mine”

Investigate ownership, agency, boundaries, and the apparent observer without deciding the answer in advance.

Practice with physical support and natural breathing. You may shorten, pause, or finish; read readiness and return guidance before beginning.

For a familiar starting point, revisit Mental Fortress and the possibility of adjustable protection.

Self-Inquiry

□ When Does a Form Become Mine?

7-10 min

Notice ownership as it appears, changes, or remains absent.

Use a familiar form; keep inquiry mild and ordinary contact clear.

1. Arrive

Feel actual support and construct a neutral outline. Describe it first as “a form” without requiring emotional distance from it.

2. Choose

Choose one feature resembling your own posture or hand. Intend to notice what happens when familiarity enters the construction.

3. Explore

Add the feature and spend a moment within the form. Notice any change in warmth, concern, recognition, or the thought “mine.”

When Does a Form Become Mine? (continued)

4. Vary

Describe the same form as “this form,” then “my form,” allowing a pause between phrases. Observe the response instead of adopting either phrase as truth.

5. Compare

Compare the timing of the word, bodily response, and feeling of ownership. They may coincide, arrive separately, or produce no clear difference.

6. Consider

Identify one condition that strengthened or softened identification. Avoid making absence of ownership a result you have to achieve.

7. Return

Release the form and both labels; return to your ordinary name and surroundings if useful. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

At what point did familiarity become ownership?

Open this practice online

NOTES

Self-Inquiry

□ Intending and Noticing Movement

6-9 min

Investigate agency without deciding in advance where it must reside.

Rest an actual hand and use a small imagined counterpart.

1. Arrive

Notice actual hand contact and the imagined hand at rest. Allow a moment without planning its next movement.

2. Choose

Choose to imagine one finger bending. Notice the intention as words, anticipation, or a felt leaning toward action.

3. Explore

Allow the represented movement and attend to when you recognize it. A movement can seem immediate, delayed, incomplete, or unexpected.

4. Vary

Repeat with an invitation such as “let a small motion appear,” then compare with specifying the motion precisely. Keep the real hand at rest.

Intending and Noticing Movement (continued)

5. Compare

Distinguish intention, imagined action, recognition, and the thought “I did that” as far as they are discernible. Leave their order uncertain when needed.

6. Consider

Describe the difference between directing and allowing without turning either into a theory of who controls experience.

7. Return

Let all imagined motion stop and release the hand construct. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

When did the movement begin to feel like something I was doing?

Open this practice online

NOTES

Self-Inquiry

□ Where Is the Apparent Observer?

6-8 min

Examine the felt location of observing while staying oriented to the room.

Choose this only while ordinary body awareness feels steady.

1. Arrive

Notice contact, a sound, and your ordinary view or spatial orientation. Let your familiar viewpoint be present before asking about it.

2. Choose

Construct a resting form and ask where observing seems to be happening. Point to the location mentally without moving your physical body.

3. Explore

Explore the qualities of that apparent location: pressure, an image, a direction, or a statement about where you are. Keep actual support available.

4. Vary

Shift attention to another contact point, then ask again. Let the apparent observer move, stay fixed, become diffuse, or remain difficult to describe.

Where Is the Apparent Observer? (continued)

5. Compare

Compare what was directly noticed with the location your explanation supplied. Avoid searching harder when a location cannot be found.

6. Consider

Let the question remain about this experience, without assuming either a hidden observer or its absence. End if inquiry becomes unsettling.

7. Return

Release the represented form and the search for an observer; name familiar objects around you. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Was the apparent observer a location, a sensation, an image, or a way of interpreting?

Open this practice online

NOTES

Self-Inquiry

□ Boundary and Belonging

7-10 min

Explore how a form can feel distinct while remaining part of a wider field.

Use a comfortable outline and a modest imagined surrounding space.

1. Arrive

Feel actual contact and construct a form with a recognizable edge. Notice any response to being enclosed or distinct.

2. Choose

Choose one edge near an imagined hand or shoulder. Intend a small softening while keeping the rest of the form familiar.

3. Explore

Allow that edge to become less sharply represented. Notice the relation between form and surrounding space from within the construct.

4. Vary

Restore the edge, then widen attention to include both form and space without changing either. Compare changing the boundary with changing attention.

Boundary and Belonging (continued)

5. Compare

Observe belonging, exposure, comfort, resistance, or no change. Do not make openness preferable if a clear edge currently feels more workable.

6. Consider

Consider whether distinction and belonging can coexist. Note what your response suggests and what it leaves undecided.

7. Return

Release the boundary experiment and the surrounding imagined space. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Must I feel separate in order to feel present?

Open this practice online

NOTES

Self-Inquiry

□ Protection Without a Permanent Fortress

7-10 min

Let protection support inquiry without becoming something you must maintain.

Begin with a Mental Fortress feature that already feels manageable.

1. Arrive

Feel your seat and recall a simple protective feature: a room, gate, wall, or light armor. Notice its current effect before revising it.

2. Choose

Place your represented body within that protection. Choose a single adjustment that feels optional, such as opening a window a little.

3. Explore

Make the adjustment and notice whether exploration becomes easier, harder, or unchanged. Keep the option to restore the earlier boundary.

4. Vary

Restore it, then imagine setting just one protective piece aside. Compare an opening with removing a piece, without requiring either to feel better.

Protection Without a Permanent Fortress (continued)

5. Compare

Notice which sensations or thoughts say “I need this.” Distinguish a present practical need from a preference within the scene.

6. Consider

Choose the configuration that supports today’s inquiry, then plan to end the whole scene. Protection can be useful without becoming a permanent identity.

7. Return

Set aside the fortress, its armor, and the represented body together. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What can protection make possible when I am free to change or leave it?

Open this practice online

NOTES

Self-Inquiry

□ Changing Form, Following Continuity

7-10 min

Follow what feels continuous while the representation changes.

Choose a neutral alteration rather than an emotionally charged identity.

1. Arrive

Build a familiar resting form while keeping physical support clear. Note what currently makes it recognizable as one form.

2. Choose

Choose one change in imagined posture or proportion. Predict whether it will still feel like your form after the alteration.

3. Explore

Make the change and inhabit the result briefly. Notice what stays familiar and what becomes newly noticeable.

4. Vary

Change the feature back, then let the outline fade while retaining only its spatial arrangement. Compare a detailed form with a sparse one.

Changing Form, Following Continuity (continued)

5. Compare

Look for continuity in intention, position, memory, or ownership. A break in familiarity or no clear continuity is also a useful observation.

6. Consider

Describe which part of “same” came from present experience and which from remembering the earlier form. Keep both descriptions provisional.

7. Return

Release every version rather than returning to a preferred identity in the scene. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What did I follow when I called these changing forms the same?

Open this practice online

NOTES

Self-Inquiry

□ Experience Without Immediate Ownership

6-9 min

Allow one feature to be noticed before assigning “me” or “mine.”

Choose an emotionally neutral feature and a short inquiry.

1. Arrive

Rest with actual support and a simple form. Notice one imagined texture or position that feels easy to observe.

2. Choose

Intend to describe the feature without a possessive word for a moment: “pressure-like texture” or “an upright outline.”

3. Explore

Let the feature remain while thoughts about ownership arise or do not arise. There is no need to suppress a natural “mine.”

4. Vary

Use “my form” once, then return to the plain description. Notice whether the wording changes closeness, defense, effort, or nothing recognizable.

Experience Without Immediate Ownership (continued)

5. Compare

Compare the feature itself with the reaction to its labels. The experience may remain ordinary throughout the comparison.

6. Consider

Consider whether something can matter without being immediately claimed or controlled. Leave the question open rather than manufacturing an answer.

7. Return

Release the feature and form, then reconnect with a familiar practical task. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What is available in the moment before I call an experience mine?

Open this practice online

NOTES

Integration

What the exploration warrants

Separate experience from explanation, rest with unanswered questions, and observe what carries into daily life.

Practice with physical support and natural breathing. You may shorten, pause, or finish; read readiness and return guidance before beginning.

Integration

□ Experience, Explanation, and Evidence

8-12 min

Give an inward event a careful account without reducing its significance.

Keep a note nearby and choose a recent, manageable practice.

1. Arrive

Feel support and recall one specific event from the practice. If needed, reconstruct a simple form briefly to clarify what you are referring to.

2. Choose

Write what you noticed in sensory or experiential terms: a boundary softened, a position shifted, or a feeling of ownership appeared.

3. Explore

Write your proposed explanation separately. Notice what the explanation adds, such as a cause, mechanism, or claim about the nature of self.

Experience, Explanation, and Evidence (continued)

4. Vary

Ask which part could be checked externally and which is a report of experience. Choose an ordinary check only if one actually fits the claim.

5. Compare

Compare your account with available notes or a repeat observation. Record uncertainty and contradictions instead of making the story smoother.

6. Consider

Write one meaningful unanswered question and one practical thing the experience invites you to try. Meaning can remain even when an explanation is unsettled.

7. Return

Release any recalled scene and put the account aside for now. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Which part of my account is noticed, inferred, or still unknown?

Open this practice online

NOTES

Integration

□ Vividness and Accuracy

7-10 min

Compare how compelling a representation feels with details you can check.

Place a harmless familiar object in view; use touch if more accessible.

1. Arrive

Feel actual support and examine three ordinary features of the object. Choose details you can later check, such as color, orientation, or surface texture.

2. Choose

Look away or remove your hand, then form an imagined hand holding that object. Estimate how clear the representation feels before checking it.

3. Explore

Describe the three features from the imagined perspective, including any gaps. Keep confidence separate from the details you report.

4. Vary

Release the image and look or touch again. Compare each description with the object, noting matches, mismatches, and ambiguous features.

Vividness and Accuracy (continued)

5. Compare

Repeat once with less effort to make the image vivid. Compare accuracy and vividness separately rather than assuming they will move together.

6. Consider

Consider what made the first version persuasive. Notice whether a mismatch changes your confidence without making the entire experience worthless.

7. Return

Release the imagined hand and object; leave the actual object safely at rest. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

When did convincing become confused with correct?

Open this practice online

NOTES

Integration

□ Expectation and Surprise

8-12 min across two sessions

Repeat a modest inquiry under different conditions while keeping uncertainty visible.

Use the same reversible form change on two ordinary occasions.

1. Arrive

In the first session, feel support and note fatigue, mood, and familiarity. Construct a simple form that is easy to release.

2. Choose

Predict the response to one small change, such as softening its outline. Write the prediction before doing it.

3. Explore

Make the change, then record what actually occurred, including a neutral or unexpected response. Release the form and return to the room.

4. Vary

On another occasion, note the current conditions and repeat the same change for a similar interval. Avoid rereading the earlier result until afterward.

Expectation and Surprise (continued)

5. Compare

Compare the accounts alongside the conditions. Notice agreement, difference, and details you did not record well enough to compare.

6. Consider

Suggest more than one possible explanation for a difference. Decide whether another session would clarify the question or simply pursue a preferred result.

7. Return

End any reconstruction used in comparing the sessions and put the notes away. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What surprised me when the same invitation met a different day?

Open this practice online

NOTES

Integration

□ What Persists After Release?

6-9 min

Observe the aftermath of a construct without trying to preserve it.

Choose a familiar form and allow time for an unhurried ending.

1. Arrive

Rest with actual contact and describe your starting mood, orientation, and bodily effort in a few plain words.

2. Choose

Construct and inhabit a simple body briefly. Intend to explore its ending rather than make the form more elaborate.

3. Explore

Let it go and attend to ordinary contact, sound, or sight. Notice traces of imagery without reconstructing the whole form to inspect them.

4. Vary

After a short interval, broaden to an ordinary task such as reading a sentence. Observe which qualities remain available during the task.

What Persists After Release? (continued)

5. Compare

Compare the aftermath with your baseline. Ease, restlessness, lingering imagery, or no recognizable difference may be present.

6. Consider

Distinguish what persisted from what you recalled or brought back by asking. Leave duration uncertain where you were not attending.

7. Return

Release any remaining image or effort to preserve an aftereffect. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What remains on its own when I stop maintaining the form?

Open this practice online

NOTES

Integration

□ Resting With an Unanswered Question

6-10 min

Let uncertainty accompany an ordinary settled body.

Choose a question that is interesting rather than frightening or urgent.

1. Arrive

Feel your seat and let breathing continue naturally. Recall one unresolved question about a form, ownership, or the boundary of experience.

2. Choose

Give the question a simple sentence. Imagine it resting on an open page beside you instead of becoming a problem you must finish.

3. Explore

Allow the question and bodily contact together. Notice impulses to search, explain, dismiss, or defend a preferred answer.

4. Vary

Set the imagined page farther into the background, then bring it near again. Compare how proximity affects the effort of having an unanswered question.

Resting With an Unanswered Question (continued)

5. Compare

Notice whether uncertainty and ease can coexist, alternate, or feel incompatible today. Let restlessness tell you something without demanding tranquility.

6. Consider

Choose whether to keep the question for later inquiry or leave it alone. A question can be meaningful without occupying the whole day.

7. Return

Release the page and the effort to answer; return to the ordinary room. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Can I leave this unresolved and still meet the next moment?

Open this practice online

NOTES

Integration

□ Bringing Ease Into Ordinary Movement

6-9 min

Compare imagined action with a small, actual movement after the form is released.

Choose a safe seated movement within your comfortable range.

1. Arrive

Feel your support and notice the effort of an ordinary action such as moving a hand to your lap. Use an attention shift if movement is unavailable.

2. Choose

Construct a resting form and imagine that action from within it. Intend an unhurried movement without arranging a perfect performance.

3. Explore

Notice where the imagined action includes unnecessary bracing or anticipation. Try a simpler version and observe whether its feel changes.

4. Vary

Release the form completely, orient to the room, and then make the actual comfortable movement. Keep imagined rehearsal and actual action distinguishable.

Bringing Ease Into Ordinary Movement (continued)

5. Compare

Compare actual effort with the baseline. The movement may feel easier, unchanged, less coordinated, or different in an unexpected way; stop at discomfort.

6. Consider

Try one more ordinary action only if useful. Notice whether ease comes from the rehearsal, taking time, support, or something you cannot determine.

7. Return

Leave the rehearsal behind and choose your next ordinary activity. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What, if anything, carried from imagined ease into actual movement?

Open this practice online

NOTES

Integration

□ What Changed in How I Live?

8-12 min, revisited later

Look for practical consequences without turning practice into a story of achievement.

Choose a mild everyday interaction and keep private notes if useful.

1. Arrive

Feel actual support and recall a recent ordinary moment of listening, disagreement, or making a request. Describe what you actually did.

2. Choose

Briefly recall a construct you practiced changing or releasing. Choose one relevant quality, such as room to pause or less need to defend every point.

3. Explore

Imagine a similar low-stakes interaction from your usual embodied position. Rehearse one considerate action, such as asking a question before responding.

4. Vary

Release the rehearsal and try that action when a suitable real occasion arises. Stay responsive to the person rather than reproducing the imagined script.

What Changed in How I Live? (continued)

5. Compare

Later compare intention with behavior: did you pause, listen, or change your response? Include no change, awkwardness, and feedback that contradicts your impression.

6. Consider

Consider several influences, including circumstances and the other person. Choose one adjustment, another observation, or a period without this inquiry.

7. Return

Let the rehearsed interaction and any self-image of progress go. Release any image or form, feel your actual seat and hands, look or listen around the room, and resume an ordinary activity when steady.

8. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Did inward exploration make more room for the actual person or situation before me?

Open this practice online

NOTES

Mental Fortress

Build and inhabit an imagined place or protective boundary. Explore how it feels to adjust the walls, open a door, or set it aside, with your body supported here. Words or a sketch work too.

Choose a brief exploration. Words or a sense of position can stand in for pictures. Skip any sense or form of imagery that is unavailable or uncomfortable; you may stop at any time.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

What is a mental fortress?

Here, a mental fortress is a place or boundary you consciously construct and explore. You might inhabit a quiet room, create mental armor, or imagine walls that give you room to pause. Protection may help you explore with greater steadiness. You can adjust the armor, open a door, soften the walls, or set the whole fortress aside. Protection and openness both belong in the practice. Related ideas from resilience psychology concern learning to adapt and recover through challenges. Cleveland Clinic describes resilience training as learning skills for coping with difficulty; this page offers its own exploratory imagery practices.

Why build one? Building, inhabiting, and releasing a fortress can reveal what safety, agency, and a defended sense of “me” feel like. Try changing one boundary and notice what happens, without requiring it to soften. The direction is toward calm, clarity, tranquility, and happiness, with no feeling you have to achieve. Keep the seat beneath you recognizable and let breath move naturally. The four pillars below connect this imaginative exploration with everyday support.

Core pillars and strategies

1. Physical foundations

- Movement: choose regular activity suited to your abilities; small amounts count.
- Nutrition: regular, balanced meals and hydration support everyday energy and attention.
- Sleep: make time for sufficient, good-quality sleep. Needs vary by age and person; CDC recommends at least seven hours for adults aged 18-60, with different guidance for other ages.

These are general self-care foundations, not requirements for successfully imagining a place. See NIMH self-care guidance.

2. Psychological skills

Notice triggers, name feelings, and choose responses that fit the situation. A learning-oriented perspective can mean asking what you can adjust, without treating every hardship as a lesson you must appreciate. Practice coping tools such as mindful attention, comfortable breathing, reframing, or problem-solving. Resilience programs commonly include flexible thinking, emotional regulation, and coping skills.

3. Support systems

Friends, family, and community can offer emotional and practical support. Therapists or counselors can help you work through difficulties and develop coping skills. Let your fortress include ways to reach people, rather than walls that isolate you.

4. Daily practices

Choose a small repeatable habit, recognize an action you completed, and keep a wider perspective on a difficult day. A missed practice is information about your circumstances, not a measure of your worth. NIMH recommends manageable priorities and staying connected.

Putting it together

Think of your mental fortress as a castle:

- Walls: emotional regulation and coping skills.
- Foundation: physical care and workable routines.
- Guardians: your support network and professional help.
- Armory: tools such as mindfulness, reframing, and problem-solving.

You can connect an imagined feature with an everyday action, or explore the construct for what it reveals. A wall may become a doorway; armor can be loosened or set down. Notice whether a boundary needs defending in this moment, without overriding discomfort or real-world needs. End by feeling your support, relaxing unnecessary effort, and returning to daily life. Steadiness includes being able to leave the fortress.

Why spend time building one?

The time spent building and releasing a construct can be worthwhile for what you discover along the way. You may also find more room to respond when life is difficult. Explore what these possibilities mean to you:

- A more flexible sense of self: changing a wall or setting down armor can invite you to notice what feels defended, and whether the grip of “me” can relax.
- A familiar starting point: a contact cue can remind you where to begin when you feel scattered.
- More choice before a reaction: a rehearsed boundary or pause may be easier to call on.
- Less searching for a next step: a small set of coping tools gives the metaphor something concrete to stand for.
- Connection and recovery: naming real support and planning a manageable repair can turn a setback into a next action.
- Practice ending deliberately: returning to daily activity matters as much as building the scene.

Try one card for a minute or two. Later, ask “What did building or releasing it reveal? Was there room for ease? Did anything carry into my day?” When rehearsing a coping tool, also ask whether it fit the situation. Notice a useful

change, no difference, or an unwanted effect. Adapt or leave an exercise that does not help.

What supports this approach?

General self-care and guided imagery provide a rationale for exploring these ideas.

- NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.
- VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.
- CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.

Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.

For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Notes and reflections

What Changed in How I Live?

Mental Fortress

☐ Lay a foundation of contact

1-3 min

Connect your imagined place with one real, comfortable point of support.

Sit or rest with support. Notice one actual contact point: a hand on a surface, your back against a chair, or clothing against skin. Choose a word for a quality you can feel, such as steady, warm, or firm.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Sit or rest with support. Notice one actual contact point: a hand on a surface, your back against a chair, or clothing against skin. Choose a word for a quality you can feel, such as steady, warm, or firm.

2. Experiment

Give your imagined room, garden, or fortress a floor or resting place with that quality. Alternate once between actual contact and the imagined setting. Use a written description if imagery is unavailable. Which details are felt, imagined, or unclear?

Lay a foundation of contact (continued)

3. Compare

Rest briefly within the imagined support. Notice whether attention settles, effort changes, or nothing shifts. This can become a familiar starting cue. Let breathing happen naturally, then leave the construct and notice the actual room.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What supports this approach?General self-care and guided imagery provide a rationale for exploring these ideas.NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

Open this practice online

NOTES

Mental Fortress

□ Give the gate a boundary

1-3 min

Explore a chosen boundary, then rehearse how it meets everyday life.

Choose a low-stakes request you want to limit. Rest your hands and notice your posture. Represent a gate that you can open and close, or write the word boundary on a card.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a low-stakes request you want to limit. Rest your hands and notice your posture. Represent a gate that you can open and close, or write the word boundary on a card.

2. Experiment

Imagine closing the gate, opening it a little, or changing the wall around it. Notice any sense of protection, space, or effort. Then rehearse “I can help for ten minutes,” or “I cannot take that on.” Use your usual communication method if speech is unavailable.

Give the gate a boundary (continued)

3. Compare

Protection and openness are choices to explore. You can soften the imagined boundary or leave it as it is; notice what feels workable. The gate can also stand for choosing access to your time. Set it aside when finished. Choose a safe real-world boundary; where refusal could bring retaliation, prioritize support and safety over confrontation.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What supports this approach?General self-care and guided imagery provide a rationale for exploring these ideas.NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

Open this practice online

NOTES

Mental Fortress

☐ Put two tools within reach

1-3 min

Link a physical reminder with two coping choices you can actually use.

Choose an ordinary object you can safely touch, or a visible or written reminder. Give it a place in your imagined armory. Pick two tools: pause before replying, ask for time, orient to the room, or use a coping skill you already know.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose an ordinary object you can safely touch, or a visible or written reminder. Give it a place in your imagined armory. Pick two tools: pause before replying, ask for time, orient to the room, or use a coping skill you already know.

2. Experiment

Touch or notice the reminder, name both tools, and rehearse one with a mild everyday situation. For example, rest your hands and say “I will reply after lunch.” Compare recalling a tool with trying its first action.

Put two tools within reach (continued)

3. Compare

The reminder may make a useful choice easier to remember. Ask which tool fits the facts, not which makes the feeling vanish. Put the reminder somewhere practical and resume an ordinary task.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What supports this approach?General self-care and guided imagery provide a rationale for exploring these ideas.NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

Open this practice online

NOTES

Mental Fortress

☐ Give your guardians real names

1-3 min

Turn imagined support into a concrete way to ask for help.

Write the name of one trusted person, community resource, or professional you could contact. Let a guardian or meeting place in your imagined setting represent that real connection. If nobody comes to mind, identify a suitable support service instead.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Write the name of one trusted person, community resource, or professional you could contact. Let a guardian or meeting place in your imagined setting represent that real connection. If nobody comes to mind, identify a suitable support service instead.

2. Experiment

With an ordinary point of support beneath you, rehearse “Could you listen for a few minutes?” Notice the difference between imagining help and preparing the first sentence. Speak, type, or use your usual communication method.

Give your guardians real names (continued)

3. Compare

Notice whether imagined company changes the feel of being on your own. It may also suggest a clearer next step toward connection. Check how to reach that person or service and whether the request is appropriate. Contact them when useful and make a second option if needed.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What supports this approach?General self-care and guided imagery provide a rationale for exploring these ideas.NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

Open this practice online

NOTES

Mental Fortress

☐ Build a courtyard that opens outward

1-3 min

Explore a softer boundary and an easy return to ordinary activity.

Choose a comfortable resting position and briefly represent an open courtyard, window, or path. Name one detail of the imagined place without needing a vivid picture.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a comfortable resting position and briefly represent an open courtyard, window, or path. Name one detail of the imagined place without needing a vivid picture.

2. Experiment

If comfortable, imagine a doorway opening or a wall softening. Notice whether the boundary of “me” feels more or less defended, or unchanged. Then name one real sound, color, or texture. Move a hand comfortably if available, comparing the imagined place with the actual setting.

Build a courtyard that opens outward (continued)

3. Compare

You can let the scene go without forcing any change to your sense of self. Protection can be set aside when useful; you do not have to stay inside. Feel your seat and begin a small activity: read a sentence, put an object away, or contact someone. If you feel detached or disoriented, stop the imagery and use the shared return steps.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What supports this approach?General self-care and guided imagery provide a rationale for exploring these ideas.NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

Open this practice online

NOTES

Mental Fortress

☐ Repair one stone after a setback

1-3 min

Pair a manageable disappointment with one concrete repair.

Choose a small recent setback, not a traumatic event. Feel one comfortable point of contact and describe the event in a factual sentence. Represent one loose stone in your fortress, or draw a small square on paper.

Keep this brief, seated or lying safely. Stop at dizziness, panic, disorientation, an unsettling sense of unreality, or other concerning effects. Use the return steps. Do not push through; if effects persist or worry you, seek professional support. Unusual does not mean advanced.

1. Prepare

Choose a small recent setback, not a traumatic event. Feel one comfortable point of contact and describe the event in a factual sentence. Represent one loose stone in your fortress, or draw a small square on paper.

2. Experiment

Name one action within your control: correct a mistake, ask a question, rest, or make a new plan. Rehearse the first physical step, such as opening a note or placing a reminder. Imagine repairing that one stone; leave the rest alone.

Repair one stone after a setback (continued)

3. Compare

Notice whether one small repair leaves more room than a sweeping verdict about “me.” Check whether you took the action and what happened, rather than scoring how resilient you felt. End with your surroundings and choose when to revisit the result.

4. Return

Look around and name familiar objects. Feel the chair or floor. Move your hands and feet. Stand or walk only when steady and appropriate, then resume ordinary activity.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

What supports this approach?General self-care and guided imagery provide a rationale for exploring these ideas.NIMH: Caring for your mental health - movement, meals, sleep, priorities, and social connection as general self-care.VA: Guided imagery - an overview of sensory imagery and its use, with limits and cautions.CDC: About sleep - age-specific sleep guidance; a single 7-8-hour target does not fit everyone.Seek appropriate support for persistent distress or difficulty managing daily life. If “fortress” suggests isolation or pressure to be invulnerable, choose a garden, workshop, or supportive room instead.For a simpler imagery starting point, try A mental fortress: create a repeatable imagined place. For established coping skills, visit DBT.

Open this practice online

NOTES

Fatigue

Explore rest, pacing, and the difference between available energy and the demand to keep going. Rest counts as practice; fatigue is not a failure of willingness.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or

overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance · Pain, fatigue, and medical care

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Fatigue

☐ Rest without earning it

15 min · Advanced

Explore what resting feels like when no achievement is required first.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose supported sitting or lying down. Put one nonurgent task out of reach. Notice your present energy without scoring your character. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, let the surface carry your weight and notice one comfortable contact. For the next three, notice any impulse to justify resting; acknowledge it with “that can wait” and return to contact. For the last three, drop even the effort to monitor well. Let the room and support be enough. Adjust freely, and allow sleep if you are somewhere safe to sleep; waking later is not a failed experiment.

3. Compare

2 minutes. Compare the pressure to accomplish something with the actual energy available. Either may be unchanged. Name one demand you can postpone without making recovery another task.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Fatigue

☐ A small energy budget

20 min · Advanced

Plan from what is available today, with room left over.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Have paper nearby. Choose an ordinary day, not a crisis that needs immediate practical support. Recall any pacing advice you already follow. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes listing only today’s necessary tasks and marking which can be shared, shortened, or deferred. Rest for three minutes with the list turned over. Spend four minutes choosing one manageable task and a stopping point that comes before depletion. Use the final three minutes to leave empty space around that task and identify whom you could ask for help. This is planning, not a requirement to perform the task now.

3. Compare

2 minutes. Does the plan fit your current capacity, or your hoped-for capacity? Reduce it if needed. If symptoms often worsen later after effort, include that pattern in your care discussion rather than increasing the budget.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Fatigue

☐ Attention with a lighter touch

10 min · Advanced

Compare deliberate focus with allowing an easy sensory anchor.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Settle somewhere supported. Pick an available, neutral sensation such as the touch of a sleeve or an ordinary sound; avoid uncomfortable body areas. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

4 minutes. For one minute, gently keep the chosen detail in mind, returning without force. For the next minute, let it come and go without tracking it. Repeat those two minutes once. Notice effort in the brow, jaw, or shoulders without needing to change it. If any form of attention costs too much, spend the remaining time resting with eyes open.

3. Compare

2 minutes. Which condition felt less demanding? Distinguish a quieter mind from a less effortful way of meeting a busy mind. Keep the lighter option if useful.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Fatigue

☐ A pause before depletion

15 min · Advanced

Rehearse ending an ordinary activity while stopping still feels possible.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a tiny, safe seated activity already within your usual limits: sorting a few papers, folding a cloth, or reading a paragraph. Rest for the whole interval if activity is unsuitable. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. Use three cycles of up to one minute of the activity followed by at least two minutes of supported rest. Stop activity early at the first sign it costs more than expected. During each pause, leave the unfinished work visible without solving it in your head. Keep the same modest amount each cycle, or reduce it. Do not use a good first cycle as permission to increase the challenge.

3. Compare

2 minutes. What made stopping easier or harder? Notice how you feel later as well as now; this small experiment does not establish a safe activity threshold or prescribe exercise.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Fatigue

☐ Permission to leave it unfinished

20 min · Advanced

Stay with rest while a manageable task remains incomplete.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Pick one low-stakes unfinished task that can safely wait. Write the next practical step so you do not have to hold it in mind. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes naming what is actually unfinished and what you fear that says about you. Keep this to everyday pressures, not traumatic material. For six minutes, put the note aside and rest, returning to the room when planning resumes. For four minutes, consider one realistic change: ask for help, reduce the scope, or schedule another day. No decision is required if you are too tired.

3. Compare

2 minutes. Separate “the task is unfinished” from “I have failed.” Did resting become more possible, even if energy did not improve? Choose whether the note needs any action today.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Fatigue

☐ It's okay to be a patient

15 min · Advanced

Let receiving care be enough for this moment. You can need help and still have a voice.

Persistent, unexplained, or worsening fatigue deserves medical attention. Work within your care plan; never use these experiments to push through exhaustion or delayed symptom worsening. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Settle somewhere supported. Choose a moment when immediate needs are attended to. Notice whether you are asking yourself to be productive, reassuring, or easy to care for while you are tired. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, try the words “It’s okay to be a patient. I can let myself be cared for.” Say them once, then leave room for whatever response comes, including relief, resistance, grief, or no change. You do not have to convince yourself. For three minutes, notice one form of support already here: the chair, a prepared meal, a ride, or someone handling a practical task. Let that support do its part without immediately planning how to repay it. For three minutes, choose one concrete thing you could receive or ask for today: company, quiet, help with a chore, or help communicating a need. Rehearse a simple request if useful. Rest can be the whole choice; nothing needs to be accomplished before the interval ends.

It's okay to be a patient (continued)

3. Compare

2 minutes. Did permission to receive care change anything about the pressure you were carrying? Being a patient leaves room to ask questions, report pain, disagree, and make choices about your care. Choose one demand you can put down for now. You remain a whole person while needing help.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Remembering

Give ordinary memories time and context. Explore continuity, useful recall, and remembered resources while leaving uncertainty visible. Begin with neutral or gently pleasant material.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Remembering

☐ An ordinary event in context

20 min · Advanced

Recall a recent neutral event and keep facts separate from reconstruction.

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose something small from the last day or two, such as making a drink. Have a note, receipt, or other ordinary check available if one exists. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes writing a few details without filling gaps. For four minutes, place the event among what happened before and after, marking uncertainty explicitly. Spend three minutes checking available evidence, or marking the event uncheckable. For three minutes, rewrite only what the comparison supports. Do not ask another person leading questions to make the account match.

3. Compare

2 minutes. Which details were supported, contradicted, or still unknown? Notice whether confidence changed independently of accuracy. Leave unresolved details unresolved.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Remembering

☐ Remembered steadiness, present support

15 min · Advanced

Let a modest memory of coping accompany the room you are in now.

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a genuinely remembered, low-intensity occasion when you handled something ordinary well. If none comes easily, use a present-day support instead. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, recall one action you actually took, rather than building an idealized story. For three minutes, notice the current support beneath you while holding that action lightly in mind. For three minutes, name a present situation where a similarly small action could be useful. Avoid requiring the old feeling to return; words are enough when imagery is unavailable.

3. Compare

2 minutes. What belongs to the remembered occasion, and what is available now? Identify a specific action you can choose today without assuming the situations are the same.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

☐ Remembering to return

15 min · Advanced

Rehearse a small future intention and test it once.

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a harmless cue in this session, such as closing a book, and a small response, such as noticing your feet. Do not practice with medication, appointments, or other consequential reminders. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For two minutes, state the cue and response in one sentence. Spend five minutes on a neutral activity, such as reading a short passage at your own pace. Then perform the cue once and notice whether the response comes to mind without another prompt. Use the final two minutes to write what happened before reviewing your original sentence. Keep real reminder systems in place outside this experiment.

3. Compare

2 minutes. Was the intention remembered spontaneously, prompted by the setup, or forgotten? One trial says little about general memory ability. Change a reminder system rather than judging yourself.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Remembering

☐ A thread across ordinary days

25 min · Advanced

Explore continuity through a few checkable moments rather than a grand life story.

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose three recent, neutral or gently pleasant moments and any notes you already have about them. Leave emotionally charged periods out of this session. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

19 minutes. Give each moment four minutes: describe what you did, one detail you remember, and what remains uncertain. Spend four minutes looking for a modest recurring action, such as showing up, asking a question, or making food. Use the final three minutes to notice differences between the moments too. If no common thread appears, retain three separate observations instead of forcing a theme.

3. Compare

2 minutes. Does the thread fit the details, or did it flatten them? Keep a tentative description of something you value while allowing your life to contain exceptions.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Remembering

☐ Recall, check, release

10 min · Advanced

Practice remembering an object without turning accuracy into a verdict.

Do not search for missing trauma memories or treat imagined details as recovered facts. Choose another exercise if the material becomes distressing. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose an ordinary object you can inspect safely. Place it where you can look away without moving around or losing physical orientation. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

4 minutes. For one minute, inspect a few features naturally. Look away for one minute and describe them from memory, including blanks. Look back for one minute and compare specific features. For the final minute, set aside the description and meet the object freshly. Use touch or a short audio passage instead if that is more accessible.

3. Compare

2 minutes. Name one correct detail and one gap or uncertainty if present. Notice what changed when checking replaced trying harder to feel certain.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Yes and...

Practice receiving an ordinary offer, contributing something true, and making a little room for connection. Explore brief outward participation while respecting an introverted temperament and the need for solitude.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

A yes is voluntary. Keep no available, respect the other person’s no, and leave coercive or unsafe interactions. Openness does not require trust without evidence, agreement, disclosure, or a personality change. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Yes and...

☐ One true point of agreement

15 min · Advanced

Find an honest point of contact before choosing what to contribute.

A yes is voluntary. Keep no available, respect the other person’s no, and leave coercive or unsafe interactions. Openness does not require trust without evidence, agreement, disclosure, or a personality change. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Write a low-stakes suggestion you might usually dismiss, such as trying a different lunch place. Choose something that does not involve pressure, danger, or an important boundary. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, write your immediate response without acting on it. For three minutes, identify one part you can sincerely acknowledge: the person’s interest, a practical benefit, or a shared wish. For three minutes, say several responses aloud, each adding something true: “Yes, a change could be nice, and I would like somewhere quiet.” If you cannot agree, try “I see what appeals to you; here is what would work for me.”

3. Compare

2 minutes. Which response allows contact without pretending? Notice whether the contribution is specific enough to help someone respond. You do not have to accept the original suggestion.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Yes and...

☐ Curiosity before the rebuttal

20 min · Advanced

Practice asking one real question before deciding what you think.

A yes is voluntary. Keep no available, respect the other person’s no, and leave coercive or unsafe interactions. Openness does not require trust without evidence, agreement, disclosure, or a personality change. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a minor difference of preference. Rehearse alone, or invite a willing partner who knows this is a short listening exercise and may decline. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes stating the preference without arguing for it. For five minutes, practice an open question such as “What do you enjoy about that?” With a partner, listen without preparing your next case, then check your understanding. Alone, leave their answer unknown rather than inventing it. For five minutes, prepare or offer your own view in one or two sentences, including anything you honestly learned.

3. Compare

2 minutes. Did curiosity produce information, or merely delay a rebuttal? Agreement is optional. Notice one way to ask a less loaded question next time.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Yes and...

☐ A small outward step

20 min · Advanced

Experiment with a brief, chosen dose of social participation.

A yes is voluntary. Keep no available, respect the other person’s no, and leave coercive or unsafe interactions. Openness does not require trust without evidence, agreement, disclosure, or a personality change. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a familiar, reasonably comfortable setting or rehearse at home. Select one small act: greet someone, ask a practical question, or contribute one sentence. Decide how you will leave or rest afterward. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Use four minutes to rehearse the act and a natural closing. For up to five minutes, try it if an appropriate opportunity exists; respect signs that the other person is unavailable. Otherwise rehearse once more without manufacturing an encounter. Spend five minutes in comfortable solitude, noticing the cost as well as any enjoyment. One attempt is enough; more interaction is not the goal.

3. Compare

2 minutes. Was the chosen dose workable? Notice interest, strain, neutrality, or mixed feelings. Adjust the size next time instead of treating introversion as something to cure.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Yes and...

☐ Receive a kind word

10 min · Advanced

Let a compliment land without requiring yourself to believe or repay it.

A yes is voluntary. Keep no available, respect the other person’s no, and leave coercive or unsafe interactions. Openness does not require trust without evidence, agreement, disclosure, or a personality change. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Recall a mild, genuine compliment or use a written example for rehearsal. Avoid material tied to manipulation or a difficult relationship. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

4 minutes. For one minute, notice the urge to contradict, minimize, or immediately return a compliment. For one minute, rehearse “Thank you” in your ordinary voice. For the next two minutes, allow the words and present body contact to coexist. You may add one true detail, such as “I enjoyed working on it,” without defending your worth or promising more.

3. Compare

2 minutes. Did receiving feel different from agreeing with every word? Notice whether a simple response preserved both connection and your own judgment.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Yes and...

☐ Build together, keep your no

25 min · Advanced

Practice collaborative invention while maintaining an explicit boundary.

A yes is voluntary. Keep no available, respect the other person’s no, and leave coercive or unsafe interactions. Openness does not require trust without evidence, agreement, disclosure, or a personality change. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a harmless imaginary project, such as a reading nook or picnic. Work alone on paper or with a willing partner. State one real constraint, such as a budget or a need for quiet. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

19 minutes. Spend five minutes making small offers, taking turns if partnered. For five minutes, add something workable to each offer before evaluating the whole plan. For five minutes, introduce an offer that crosses the stated constraint and practice a clear response: “That part does not work for me; we could try this.” For four minutes, build a version that respects both contributions and constraints. Do not turn refusal into a persuasion challenge.

3. Compare

2 minutes. Where did collaboration help, and where did a clear no improve the result? Name one contribution you could make in an ordinary conversation without taking responsibility for its outcome.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Stillness

Explore sustained attention in walking, sitting, listening, and ordinary pauses. Quieting the mind means giving thoughts less work to do; silence is welcome but never required.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Change position freely. Stillness is not immobility, breath control, or an endurance test. Use seated alternatives when walking is unsuitable. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Stillness

☐ Walking meditation

20 min · Advanced

Let ordinary walking provide a steady rhythm for sustained attention.

Change position freely. Stillness is not immobility, breath control, or an endurance test. Use seated alternatives when walking is unsuitable. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a level, uncluttered indoor path away from traffic and stairs. Keep eyes open and use your usual supports. If walking is unsuitable, use comfortable seated contact shifts or remain still. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. For four minutes, walk at a natural, comfortable pace and feel contact with the floor. For six minutes, gently notice lifting, moving, and placing when those phases are clear; no exaggerated slowness is needed. For four minutes, include the room, turns, and pauses without losing practical awareness. Stop or sit whenever balance, pain, or fatigue calls for it. The seated version follows small contact changes without trying to reproduce a gait.

3. Compare

2 minutes. Compare attention during movement and pauses. Did a rhythm help you return? Stillness may mean less chasing while the body continues moving.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Stillness

☐ Quieting the mind

20 min · Advanced

Give thinking less instruction without trying to eliminate thought.

Change position freely. Stillness is not immobility, breath control, or an endurance test. Use seated alternatives when walking is unsuitable. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Sit comfortably and choose an easy anchor: contact, an ordinary sound, or natural breathing if comfortable. Put aside one nonurgent decision until afterward. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. For four minutes, return to the anchor whenever you notice wandering. For six minutes, acknowledge thoughts simply as planning, remembering, or thinking, only when a label helps. Do not complete or debate them. For four minutes, drop the labels and let the anchor share the foreground with whatever thoughts remain. If the mind gets louder, simplify to looking at a familiar object.

3. Compare

2 minutes. Was there less involvement in thoughts, even if their number stayed the same? Notice any effort to manufacture silence, then let that project end too.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

☐ Stillness with permission to move

15 min · Advanced

Explore settling without making the body hold a rigid pose.

Change position freely. Stillness is not immobility, breath control, or an endurance test. Use seated alternatives when walking is unsuitable. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose supported sitting and make an initial comfortable adjustment. Leave hands and feet where they can move freely. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. Spend three minutes noticing contact and making any needed adjustments. For three minutes, distinguish a practical need to move from an ordinary restless impulse without assuming either is wrong. Respond to discomfort promptly. For three minutes, rest with a posture that remains adjustable. If useful, make one deliberate small movement and notice that attention can remain steady through it.

3. Compare

2 minutes. Did permission to move change the quality of sitting? Keep physical comfort separate from the idea that a motionless posture proves concentration.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Stillness

☐ Listening without following

25 min · Advanced

Stay with the soundscape without chasing a story for each sound.

Change position freely. Stillness is not immobility, breath control, or an endurance test. Use seated alternatives when walking is unsuitable. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a place with ordinary, comfortable sound levels. If hearing is unavailable or sound is distressing, use a neutral visual scene with normal blinking instead. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

19 minutes. For five minutes, notice one available sound or visual detail. For seven minutes, let several details come and go without tracing their causes unless safety requires it. For seven minutes, allow the whole scene to remain present, returning to one detail whenever the field feels diffuse or effortful. Do not seek silence, amplify faint sounds, or treat uncertainty as a puzzle that must be solved.

3. Compare

2 minutes. Compare selective attention and broader listening. Which was sustainable today? Notice whether naming every event was necessary to remain present.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Stillness

☐ The unfilled interval

10 min · Advanced

Spend a little time between activities without immediately filling it.

Change position freely. Stillness is not immobility, breath control, or an endurance test. Use seated alternatives when walking is unsuitable. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a safe interval with no responsibility needing immediate attention. Set down your phone and name when you will return to ordinary tasks. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

4 minutes. For two minutes, sit with the room as it is. Notice impulses to check, improve, plan, or entertain yourself. You may acknowledge an impulse without obeying or resisting it. For two more minutes, let contact and ordinary sight occupy the interval. If a real need arises, respond; this is not a contest against need.

3. Compare

2 minutes. What did you expect would happen if the interval stayed unfilled? Compare that prediction with what you actually noticed, including boredom or no particular change.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Sessions

Build a beginning, a middle, and an ending. These complete sessions combine familiar capacities and leave space to learn from transitions, pacing, and ordinary life afterward.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Use familiar practices and choose one session, not a sequence of all five. More time or more techniques do not necessarily help. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Sessions

☐ A complete gentle session

20 min · Advanced

Give a familiar practice a deliberate beginning and ending.

Use familiar practices and choose one session, not a sequence of all five. More time or more techniques do not necessarily help. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose one neutral contact point and one ordinary sound or visual detail. Decide on a simple activity to return to afterward. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes settling with contact. Spend six minutes returning to the sound or visual detail whenever attention wanders. Spend four minutes allowing both the anchor and surroundings, reducing the scope whenever effort rises. Keep the chosen anchors familiar rather than adding novelty to fill the session.

3. Compare

2 minutes. Which transition was easiest? Name one part worth keeping and one part you would shorten. A complete session can include wandering and adjustments.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Sessions

☐ One question, lightly held

25 min · Advanced

Give a practical question room without demanding an answer from meditation.

Use familiar practices and choose one session, not a sequence of all five. More time or more techniques do not necessarily help. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Write a manageable question, such as “What would make tomorrow morning simpler?” Set aside urgent, medical, or high-stakes decisions for appropriate practical advice. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

19 minutes. Spend five minutes settling with familiar contact. Spend five minutes allowing the question to appear occasionally without repeating it continuously. Spend five minutes letting it rest while attending to the room. Use four minutes to write any practical possibilities, separating observations from guesses. If no answer appears, write “not clear” and finish.

3. Compare

2 minutes. Which possibility can be checked in ordinary life? A calm feeling does not establish that an answer is correct. Choose one small, reversible test or leave the question open.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

☐ Narrow, broad, ordinary

20 min · Advanced

Practice changing attention deliberately and returning to a normal task.

Use familiar practices and choose one session, not a sequence of all five. More time or more techniques do not necessarily help. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Select a familiar anchor and a simple safe activity, such as arranging a few objects. Stay seated if that suits you. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes with the single anchor. Spend four minutes including surrounding sight or sound while retaining ordinary orientation. Spend four minutes doing the simple activity with your usual attention. Use the last two minutes to pause again with contact. Do not try to preserve a special state while performing the task; let the practical action lead.

3. Compare

2 minutes. Did you notice a cost when changing scope? Compare your ability to return to ordinary activity with your impression of how concentrated you were.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

☐ A shared quiet session

30 min · Advanced

Practice alongside another willing person without managing their experience.

Use familiar practices and choose one session, not a sequence of all five. More time or more techniques do not necessarily help. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Agree on a place, a quiet ending signal, and permission for either person to stop or leave. Choose separate personal anchors. Alone, follow the same intervals without imagining a partner’s experience. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

24 minutes. Spend six minutes settling independently. Spend ten minutes with your own familiar practice, keeping eyes open or closed by choice. Spend four minutes orienting to the room. Use four minutes for an optional exchange, up to two minutes each, describing only your own experience. Listening does not require advice, interpretation, touch, or disclosure. If alone, use this interval for a short note.

3. Compare

2 minutes. Did another person’s presence affect your choices? Notice any wish to perform calm. Keep each person’s account separate and let silence be an acceptable response.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Sessions

□ Design, try, revise

30 min · Advanced

Test a modest session plan and revise it from experience.

Use familiar practices and choose one session, not a sequence of all five. More time or more techniques do not necessarily help. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Select two familiar practices you already tolerate well. Set a ceiling of thirty minutes including reflection and return, with permission to end sooner. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

24 minutes. Spend four minutes writing a simple order and one question to observe, such as whether switching anchors is tiring. Try the first practice for seven minutes, pause with the room for two, then try the second for seven. Use four minutes to revise the plan based on actual strain, interest, and ease of return. Do not add intensity to rescue an unremarkable session.

3. Compare

2 minutes. What would you keep, shorten, or remove next time? Change one element at a time so that later comparisons remain useful.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

Make a temporary retreat inside an ordinary, familiar room. The cave is a metaphor for protected time: a place to listen, set down demands, and come back into the day.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

The cave

☐ A room with a way back

20 min · Advanced

Create a small retreat while keeping a clear connection to ordinary life.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a familiar room and a definite end time. Keep the exit clear, the light comfortable, and a way to contact help available. Meet immediate practical needs first. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes noticing the real room, including the door, daylight or lamp, and support beneath you. Spend six minutes resting with one familiar anchor while nonurgent demands wait outside this interval. Spend four minutes including the room again and picturing only the next ordinary action. The room need not feel sacred, sealed, or different to work as a pause.

3. Compare

2 minutes. Did a clear boundary around time change your ability to settle? Name what connects the retreat to the day rather than making it an escape you must prolong.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

☐ Set down the roles

25 min · Advanced

Temporarily loosen ordinary roles without losing your present identity or responsibilities.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Write a few everyday roles, such as colleague, caregiver, or host. Choose a time when their immediate responsibilities are covered. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

19 minutes. For five minutes, name one demand associated with each role and mark what can safely wait. For nine minutes, let the list lie face down while you rest with contact and ordinary surroundings. You remain yourself in this room; nothing needs to dissolve. For five minutes, turn the list over and choose which responsibility you will resume first, perhaps with a smaller demand.

3. Compare

2 minutes. Which role was hardest to set aside? Distinguish a practical duty from a demand to perform it perfectly. Keep any useful change modest.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

☐ Quiet company with yourself

15 min · Advanced

Explore chosen solitude without making loneliness an enemy.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a familiar, comfortable place with access to others if needed. Decide on an optional point of contact after the session, such as an ordinary message to a friend. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, notice contact, light, and the mood already here. For three minutes, let that mood share the room without analyzing its history. For three minutes, ask what kind of company or solitude would fit today. You may end the retreat and seek connection. If solitude becomes overwhelming or detached, orient outward and leave the experiment.

3. Compare

2 minutes. Did being alone feel chosen, costly, nourishing, or mixed? Let the answer guide one practical choice rather than a conclusion about how independent you should be.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

☐ The open-door retreat

20 min · Advanced

Explore a boundary that allows connection rather than shutting out the world.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a private enough space with a door open or easily opened. Keep ordinary light and sound. If a door is unavailable, use a chair and a chosen end time as your boundary. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes with a familiar inward anchor such as contact. Spend five minutes including sounds and signs of the wider household or world. Spend five minutes alternating gently between the anchor and the wider scene, without treating either as an intrusion. Respond normally to anything that truly needs attention. Your boundary can be flexible and still be useful.

3. Compare

2 minutes. What amount of separation supported you today? Notice whether openness felt manageable without requiring you to welcome every interruption.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

☐ Bring one thing out

30 min · Advanced

Let a longer retreat end in one modest act of participation.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a familiar room and a small action for afterward: making tea, opening a curtain, or preparing an ordinary message. Keep it safe and reversible. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

24 minutes. Spend six minutes settling with contact. Spend ten minutes in a familiar quiet practice, returning when thoughts wander. Use four minutes to notice one quality or practical insight you might carry into the day, without requiring one. Spend four minutes performing or preparing your small action at a comfortable pace. Leave any imagined cave behind; the ordinary room is enough.

3. Compare

2 minutes. Did the transition preserve any ease, or simply reveal a different mood? Neither result invalidates the retreat. Notice whether the action helped you rejoin the day.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

□ Love yourself

20 min · Advanced

Explore being on your own side through one ordinary act of care.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Settle in your familiar retreat space. Choose a small present-day need rather than a painful memory. Have paper nearby if words are easier to work with when written. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. For four minutes, notice how you are treating yourself today: the pace you demand, the language you use, or the care you postpone. Describe one example without turning it into another criticism. For five minutes, consider how you would respond to someone you care about with the same ordinary need. Try saying “I love my body, I love myself.” See if your body responds. Try placing your hand on your chest and repeating “I love my body, I love myself.” For five minutes, choose and, if practical, carry out one small act that supports you: adjust your seat, take a permitted drink, reduce a demand, or ask for company. Keep the act small enough that you do not have to earn it.

Love yourself (continued)

3. Compare

2 minutes. Did the caring action feel different from trying to produce a loving feeling? Notice what was available today. Choose one way to continue treating yourself as someone whose needs matter, even on a difficult day.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

□ Shame is no longer allowed

20 min · Advanced

Set a boundary against self-punishment while making room for feelings and honest responsibility.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a recent, manageable embarrassment or minor mistake. Leave overwhelming or traumatic material outside this session. The title is a boundary against degrading yourself, not an order to stop feeling shame. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. For four minutes, describe what happened in plain, specific terms. Separate the event from a verdict about your entire worth: “I interrupted” is different from “I am unbearable.” For five minutes, notice any shaming words that follow. Try “This feeling can be here; insults do not get to decide how I treat myself.” Return to the room whenever the words become consuming. For five minutes, ask what responsibility actually belongs to you. Choose a proportionate repair, an apology, a changed action, or no further action if there is nothing to repair. Do not use punishment as evidence that you care.

Shame is no longer allowed (continued)

3. Compare

2 minutes. Did separating the event from the verdict make a useful response clearer? Shame may still be present. You can make room for that feeling while declining humiliation, including humiliation from yourself.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

□ What is behind your core fear?

25 min · Advanced

Explore a manageable fear and the concern beneath it without requiring a single hidden explanation.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a mild present-day fear, such as asking an ordinary question or showing unfinished work. Stay with something you can consider while remaining aware of the room. This is an inquiry into current meaning, not a search for forgotten events. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

19 minutes. For four minutes, write the concrete situation and what you predict will happen. For five minutes, ask once, “If that happened, what would concern me most?” Perhaps belonging, competence, loss, uncertainty, or something else matters here. Write a possibility, not a discovery you must believe. For five minutes, distinguish what you know from what you imagine, and consider a second explanation or “I do not know.” Do not keep digging for an ever-deeper answer. For five minutes, choose a present response: gather information, ask for support, make a small reversible attempt, or leave the question for another day. Stop the inquiry if it becomes overwhelming.

What is behind your core fear? (continued)

3. Compare

2 minutes. Did the question clarify a current need or simply create more speculation? There may be several fears and no single core. Keep only what helps you respond to the actual situation; a strong feeling does not prove an explanation.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

□ Failure is part of the process

20 min · Advanced

Study an ordinary attempt that did not work, then design a smaller next experiment.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a low-stakes attempt with a specific outcome, such as a plan you did not complete or a skill you are learning. Avoid a fresh major loss. Have a note available to keep the example concrete. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. For four minutes, describe what you tried, what you hoped would happen, and what actually happened. Leave your worth out of the scorekeeping. For five minutes, identify one thing the attempt revealed: a missing resource, unclear instructions, unrealistic timing, or a step that needs more practice. Include what was outside your control. For five minutes, design one smaller, reversible change and decide what you would observe next time. You can also decide that this goal no longer deserves your effort. Failure can inform a process without obliging you to repeat it indefinitely.

Failure is part of the process (continued)

3. Compare

2 minutes. Is the next attempt clearer or merely harsher? Keep one useful adjustment. A disappointing result can remain disappointing while giving you information about what to do next.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

The cave

☐ There are no tests, only lessons

15 min · Advanced

Meet this practice as an opportunity to learn rather than an examination of your worth.

Use a ventilated, comfortably lit room with an easy exit, water, and access to help. No literal caves, darkness challenges, isolation, fasting, sleep loss, or sensory deprivation are needed. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a simple familiar practice, such as noticing supported hands or listening to an ordinary sound. This title describes the attitude of this session; real-world tests, responsibilities, and consequences still exist. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For two minutes, name what you secretly think would count as passing: a quiet mind, a certain feeling, or uninterrupted attention. For five minutes, do the chosen practice gently. Each time you notice wandering or judgment, let the observation itself be useful and return if you wish. There is no need to keep a tally. For two minutes, write one thing you learned about the conditions today, such as needing a different posture or finding sound easier than contact. “Nothing clear yet” is an acceptable note.

There are no tests, only lessons (continued)

3. Compare

2 minutes. Compare “How did I score?” with “What did I notice?” Choose a useful adjustment without turning learning into another requirement to perform well. You can finish without awarding yourself a pass or a failure.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Pain

Explore support, flexible attention, and ways of meeting physical pain alongside appropriate medical care. Relief may or may not follow; pain does not become your fault when it remains.

These longer experiments are for advanced practitioners: people with a sustained meditative practice, substantial experience with this library, or trauma work that has left them sufficiently settled for this kind of exploration. Choose a day when you can stay oriented, recognize strain, and end deliberately. Previous experience does not make every exercise right for today. Start with one experiment, allow time afterward, and shorten or stop whenever needed. No timer needs to be completed.

Use only with familiar pain that has been assessed and within your care plan. New, severe, or worsening pain needs medical assessment; seek urgent help for sudden severe symptoms. During cancer treatment, tell your care team about pain changes. Do not delay medication, evaluation, or other treatment to finish an exercise. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

Advanced practice guidance · Pain, fatigue, and medical care

What kind of conclusion is this?

Observation

“I distinguished three sounds.” A report of what you noticed.

Inference

“I may be getting better at separating sounds.” An interpretation that needs comparison.

Hypothesis

“Repeated practice might improve accuracy.” A question for testing.

Speculation

“Perhaps the boundary I experienced as fixed is more flexible than I thought.” A possible interpretation to explore.

Describe an inward discovery as your experience. Notice what it invites you to explore next, without requiring the same result.

Ordinary ≠ fully explored.

An imagined experience can be meaningful in its own right.

Pain

☐ Support before concentration

10 min · Advanced

Start with practical comfort before asking attention to do more.

Use only with familiar pain that has been assessed and within your care plan. New, severe, or worsening pain needs medical assessment; seek urgent help for sudden severe symptoms. During cancer treatment, tell your care team about pain changes. Do not delay medication, evaluation, or other treatment to finish an exercise. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Use a position permitted by your care plan. Keep prescribed relief and help available. Do not wait for meditation to work before taking care of pain. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

4 minutes. For two minutes, make one gentle adjustment to support an unaffected area: a pillow, foot support, or a change of seat if suitable. Do not stretch, massage, heat, cool, or load a painful area as part of this experiment. For two minutes, notice where support is already present. Pain may remain in awareness; you do not have to inspect it closely.

3. Compare

2 minutes. Did support change comfort, effort, or neither? Identify whether another practical adjustment or contact with your care team is needed.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Pain

☐ An anchor beside the pain

15 min · Advanced

Practice choosing where attention rests without denying physical pain.

Use only with familiar pain that has been assessed and within your care plan. New, severe, or worsening pain needs medical assessment; seek urgent help for sudden severe symptoms. During cancer treatment, tell your care team about pain changes. Do not delay medication, evaluation, or other treatment to finish an exercise. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a neutral or comfortable anchor outside the painful area: a sound, a visible object, or supported hand contact. If none is available, use an easy external activity instead. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. For three minutes, attend to the anchor in an ordinary way. For three minutes, let pain be acknowledged in the background while returning to the anchor as often as helpful; there is no requirement to alternate into the pain. For three minutes, include the room more broadly. If this amplifies distress, end and choose practical comfort, distraction, or support.

3. Compare

2 minutes. Distinguish any change in pain intensity from a change in how much of attention it occupied. Neither is required, and neither establishes what caused the pain.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Pain

☐ Release the extra effort

15 min · Advanced

Explore unnecessary bracing in comfortable areas without working on injured tissue.

Use only with familiar pain that has been assessed and within your care plan. New, severe, or worsening pain needs medical assessment; seek urgent help for sudden severe symptoms. During cancer treatment, tell your care team about pain changes. Do not delay medication, evaluation, or other treatment to finish an exercise. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose a supported position and a comfortable area away from pain, such as an unaffected hand or the forehead. Skip areas affected by injury, surgery, neuropathy, or medical restrictions. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

9 minutes. Spend three minutes noticing whether the chosen area is doing work it need not do. For three minutes, invite a little less effort if that is comfortable; do not clench first, force relaxation, or alter breathing. Spend three minutes noticing support elsewhere, allowing any bracing that feels necessary to remain. Pain is not proof that you failed to relax.

3. Compare

2 minutes. Was there a small change in effort, comfort, or no change? Keep the observation local rather than assuming all pain comes from tension.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Pain

□ Comfortable attention elsewhere

20 min · Advanced

Use an absorbing, accessible activity as an intentional companion to pain care.

Use only with familiar pain that has been assessed and within your care plan. New, severe, or worsening pain needs medical assessment; seek urgent help for sudden severe symptoms. During cancer treatment, tell your care team about pain changes. Do not delay medication, evaluation, or other treatment to finish an exercise. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Choose familiar music at a comfortable volume, an audiobook, a simple puzzle, or another low-demand activity. Follow medication and care instructions as usual. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes finding an accessible pace or volume. For six minutes, allow interest in the activity to lead, returning gently when pain interrupts. For four minutes, continue or switch to a simpler option if effort rises. You do not have to suppress awareness of symptoms; stop to respond to changes that need care. An activity can be worthwhile even when pain remains noticeable.

3. Compare

2 minutes. Did the activity offer interest, rest, frustration, or a little of several things? Choose whether to continue it later without treating distraction as a cure or ignoring symptoms.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Notes and reflections

Comfortable attention elsewhere

□ Care for the next hour

20 min · Advanced

Combine a short settling period with a practical plan for living alongside familiar pain.

Use only with familiar pain that has been assessed and within your care plan. New, severe, or worsening pain needs medical assessment; seek urgent help for sudden severe symptoms. During cancer treatment, tell your care team about pain changes. Do not delay medication, evaluation, or other treatment to finish an exercise. Keep your eyes open if helpful and breathe naturally. Stop if you become dizzy, panicked, disoriented, unusually detached, or overwhelmed. Look around, feel ordinary support, and seek help if the effects persist. Do not push through to prove readiness.

1. Prepare

2 minutes. Have a note and your existing care instructions available. Choose a manageable planning horizon of one hour; urgent symptoms need care now. Choose a comfortable position and an optional gentle timer. Shorten any phase if needed.

2. Experiment

14 minutes. Spend four minutes resting with a comfortable external anchor. Spend four minutes naming current needs: position, prescribed relief, food or water if permitted, assistance, or contact with your care team. Spend three minutes reducing one demand and asking for help if appropriate. Spend three minutes choosing one modest meaningful activity or rest period that fits your present limits. Do not change medication doses or schedules from this exercise.

Care for the next hour (continued)

3. Compare

2 minutes. Does the plan respond to the body you have today? Note pain changes clearly for your clinician if needed. A plan that consists mainly of rest and asking for care is complete.

4. Return

2 minutes. End the deliberate exercise. Look around, name where you are, and notice the chair or floor. Move comfortably if appropriate. Choose one ordinary next action and give yourself time before resuming it. Record a sentence only if useful; an unfinished exploration is enough.

5. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

DBT

An emotion can become a thought. Or a tightening jaw, a shortening breath, an urge to leave, argue, or hide.

These skills from Dialectical Behavior Therapy offer something to try with the state you are in.

In immediate danger or a medical emergency, call 911 (U.S.) or your local emergency number. For emotional crisis support in the U.S., call or text 988.

What would help this moment?

Sometimes an effective response changes a state. Sometimes it stops adding a struggle with a fact that cannot be changed right now.

Getting through a peak is not the same as solving its cause. You may still need to leave, seek support, set a boundary, or solve a practical problem.

1. Notice the body
2. Name the state or urge
3. Choose a suitable skill
4. Try it and stay curious
5. Observe what follows

About DBT

Dialectical Behavior Therapy was developed by psychologist Marsha Linehan. These are selected skills from its mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness training, presented through bodily experience.

Explore Behavioral Tech Institute and Linehan’s formal skills-training resources. The wording and five-part presentation here are original adaptations, not reproduced worksheets.

Arrive

Observe, describe, and participate in one ordinary moment.

Arrive

☐ Observe the body

A brief practice

Sensation before interpretation.

1. Notice

Notice your current posture, breathing, and urge to act.

Observe the body (continued)

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Attend to one sensation: pressure, warmth, movement, or breathing. Let it be present without explaining it. Then notice another.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Arrive

□ Describe without verdict

A brief practice

Find words for what you can actually notice.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Try a concrete description such as “warm face” or “tight shoulders.” When a judgment appears, notice it and return to description. You do not have to replace it with praise.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Arrive

☐ One thing

A brief practice

Give an ordinary activity your attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

While washing a cup or brushing your teeth, do that one activity. When attention moves to another task or commentary, notice and bring it back.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Arrive / Variation

□ Return

A brief practice

Wandering is another opportunity to notice.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Choose your current activity as an anchor. When you notice attention elsewhere, bring it back without a reprimand. Repeat whenever you notice.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Arrive

□ Participate

A brief practice

Enter an activity rather than grading your performance.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

In a safe ordinary activity, listen, move, and respond to what it needs. Let go of watching yourself from the sidelines. Return to the action that works here.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Survive the Wave

Choose one skill. The immediate task is to avoid making things worse; solving the situation can come next.

Start with paced breathing if comfortable, or Observe the body. Temperature and vigorous activity need particular care.

In immediate danger or a medical emergency, call 911 (U.S.) or your local emergency number. For emotional crisis support in the U.S., call or text 988.

Survive the Wave

□ Paced breathing

A brief practice

Slow gently, without forcing a rhythm.

If you become dizzy, short of breath, or uncomfortable, stop pacing and let breathing return to its usual rhythm. Choose a non-breath practice if attention to breathing is unhelpful.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

Paced breathing (continued)

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Allow breathing to move into the belly without straining. Gradually slow to a comfortable pace, letting the out-breath last a little longer than the in-breath. No breath holding or target count is required.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Survive the Wave

□ Release through muscles

A brief practice

Notice the contrast between engaging and releasing.

Use only mild tension. Skip painful or injured areas and stop if you feel pain, cramping, or dizziness. Relaxation is not a required result.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Choose an uninjured muscle group, such as your hands. Gently engage it as you breathe in. As you breathe out, release it and silently use the word “relax.” Notice the contrast. Try another comfortable muscle group if useful.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

□ Strong movement

A brief practice

Use activity that is already safe for your body.

Check with a health professional before temperature skills or vigorous activity if you have a heart or other medical condition, a low heart rate, take heart-rate-lowering medication, or are unsure they are safe. Avoid cold with cold sensitivity. Choose Observe the body instead. Stop for pain, faintness, breathing difficulty, or concerning symptoms; seek appropriate medical help.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

If you are unsure about exercise safety, choose Observe the body instead.

4. Try

If vigorous activity is safe for you, try a brief period of brisk walking or another familiar activity suited to your ability and surroundings. Ease off and reassess. This is never punishment or a test of endurance.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Survive the Wave

☐ Temperature shift

Use your agreed plan

A cold-face skill to learn with appropriate guidance.

Check with a health professional before temperature skills or vigorous activity if you have a heart or other medical condition, a low heart rate, take heart-rate-lowering medication, or are unsure they are safe. Avoid cold with cold sensitivity. Choose Observe the body instead. Stop for pain, faintness, breathing difficulty, or concerning symptoms; seek appropriate medical help.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this only if you have learned a safe DBT temperature method appropriate to your health.

4. Try

If you already have a clinician-approved DBT temperature plan, follow that plan. Otherwise, choose paced breathing or Observe the body now and ask a qualified DBT professional to teach you the cold-face skill safely. Do not improvise face immersion, ice exposure, or breath holding.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Read the Body

When an emotion is manageable enough to examine, notice its physical signs and its urge to act.

Read the Body

□ Where is the emotion?

A brief practice

Find the physical components of a feeling.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Use a manageable emotion. If intensity is too high to observe, return to Survive the Wave.

4. Try

Notice where the emotion is felt: face, throat, chest, belly, hands, or legs. Describe temperature, pressure, movement, posture, or expression. Stay with what is available rather than searching for a particular sensation.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

□ Find the action urge

A brief practice

An urge can be noticed before it becomes an action.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Notice whether you want to move toward, leave, hide, attack, speak, or go quiet. Name the urge without carrying it out. Ask what acting on it would do in this situation.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Read the Body

□ Emotion without the story

A brief practice

Give the bodily experience a short interval of attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Notice the feeling as sensation and movement. When you start replaying the event, notice that and return to the physical emotion for a moment. You can return to the event and any needed problem-solving afterward.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Read the Body

□ Name it

A brief practice

A tentative name is enough.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Try: “I notice… My body is doing… The urge is… This may be…” Give the emotion a tentative name. Let uncertainty remain if more than one name fits.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change the Action

Opposite action is for an emotion that does not fit the facts, or an emotional action that would be ineffective. It is never an instruction to ignore danger.

Change the Action

□ Posture first

A brief practice

Include the body in an appropriate opposite action.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

First identify the emotion and urge. Check observable facts separately from assumptions. If there is real danger, protect yourself or get help. If the emotion fits and action would help, solve the problem. Choose opposite action when the emotion does not fit the facts or its action would be ineffective.

4. Try

Having chosen an appropriate opposite action, include posture, expression, voice, and movement in it. For example, an unhelpful attack urge can be met with unclenched hands and a measured voice. Keep checking effectiveness.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

□ Approach instead of avoid

A brief practice

Practice approaching when fear is not signaling actual danger.

Do not use this to approach actual danger, override a boundary, or remain with someone unsafe.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

First identify the emotion and urge. Check observable facts separately from assumptions. If there is real danger, protect yourself or get help. If the emotion fits and action would help, solve the problem. Choose opposite action when the emotion does not fit the facts or its action would be ineffective.

4. Try

Choose a safe situation you are avoiding despite the facts, such as asking an ordinary question. Approach it with your attention and body as well as your words. Repeat appropriate approach rather than immediately retreating.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change the Action

☐ Gentle instead of aggressive

A brief practice

Let your manner support the response you choose.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

First identify the emotion and urge. Check observable facts separately from assumptions. If there is real danger, protect yourself or get help. If the emotion fits and action would help, solve the problem. Choose opposite action when the emotion does not fit the facts or its action would be ineffective.

4. Try

When acting on anger would be ineffective, release clenched hands, soften an attack posture, and use a measured voice. Try to understand the other perspective without abandoning your limits.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Change the Action

□ Activate instead of collapse

A brief practice

Choose useful engagement when withdrawal is ineffective.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

First identify the emotion and urge. Check observable facts separately from assumptions. If there is real danger, protect yourself or get help. If the emotion fits and action would help, solve the problem. Choose opposite action when the emotion does not fit the facts or its action would be ineffective.

4. Try

If withdrawal would deepen the problem, take one appropriate action toward engagement: get up for an ordinary task or contact someone safe. Include your attention and movement. Repeat as useful; rest and genuine physical limits still matter.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Acceptance

Acceptance recognizes what is already true. It does not mean approval, forgiveness, giving up, or staying in an unsafe situation.

Acceptance

□ Willing hands

A brief practice

Let the hands explore willingness.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Sit comfortably with hands resting on your lap, palms facing up and fingers loose. Notice the difference from grasping or pushing away. Let the position accompany a willingness to meet the present fact.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Acceptance

□ Half-smile

A brief practice

A gentle expression, without pretending to be happy.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Let unnecessary effort leave the forehead, eyes, cheeks, and jaw. Allow just a hint of lift at the corners of the mouth. There is no need for a grin, a performance, or a different feeling.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Acceptance

□ Turning toward reality

A brief practice

Choose acceptance again when resistance returns.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Name one present fact you cannot change this instant. Notice resistance. Choose to recognize that fact again, without agreeing that it is good or fair. Recommit as often as resistance returns.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Acceptance

□ The body saying no

A brief practice

Can the body stop arguing for a moment?

Acceptance can support leaving, getting help, or setting a boundary. It never requires tolerating abuse or remaining in danger.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

With a manageable unchangeable fact in mind, notice your jaw, shoulders, and hands. Try willing hands or a half-smile. See what it is like to adopt a willing posture while the mind still has objections.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Soothe

DBT self-soothing uses deliberate sensory attention. Choose what is actually pleasant for you; no purchase or particular response is needed.

Soothe

☐ See

A brief practice

Give one pleasant sensation your deliberate attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Look at something you find pleasant: a patch of light, a color, or a familiar view. Attend to its details rather than searching for something more impressive.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Soothe

□ Hear

A brief practice

Give one pleasant sensation your deliberate attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Choose a sound you find pleasant, at a comfortable volume. Listen to it deliberately for a short while. Notice what you actually hear.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Soothe

□ Smell

A brief practice

Give one pleasant sensation your deliberate attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Notice an available pleasant scent that is safe for you. No scented product is needed. Skip this sense if scents irritate you or are not accessible.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Soothe

□ Taste

A brief practice

Give one pleasant sensation your deliberate attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

If eating or drinking is appropriate, notice a small amount of a familiar pleasant taste. Give its flavor your attention. Follow your own dietary and medical needs.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Soothe

□ Touch

A brief practice

Give one pleasant sensation your deliberate attention.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Attend to a comfortable texture, your chair, or gentle warmth. Choose safe temperatures and a sensation you welcome. Stop or change it if it is unpleasant.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Soothe / Variation

□ Five channels

A brief practice

Explore available senses without a checklist to finish.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Choose one pleasant sensory experience. If useful, move to another available sense. You can use sight, sound, scent, taste, or touch in any order, skipping any that are unavailable or unwelcome.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Relate

Notice your objective, the relationship, and your self-respect. Choose an effective response that makes room for your needs and the other person’s.

Relate

☐ Mindful conversation

A brief practice

Keep an effective request in view.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Describe the relevant facts, state how you feel, and ask clearly for what you need or say no. Explain why cooperation would help. Keep returning to the objective; use a steady manner and negotiate where appropriate.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Relate

□ Stay in the interaction

A brief practice

Notice the urge to lose the thread.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

When an urge to interrupt, attack, withdraw, or overexplain appears, pause and return to your request. Restate it simply instead of following distractions. If the interaction is unsafe, leave or seek support.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Relate

□ Self-respect in the body

A brief practice

Let your response stay aligned with your values.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Notice your physical response while remaining fair to yourself and the other person. Speak truthfully, keep your values, and avoid apologizing merely for having a need. You can take responsibility for actual harm without surrendering your limit.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Relate

☐ Gentle, interested, present

A brief practice

Choose a manner that supports the relationship.

1. Notice

Notice your current posture, breathing, and urge to act.

2. Name

Name the present situation as simply as you can.

3. Choose

Choose this invitation if it suits the moment. You can leave it at any point.

4. Try

Avoid threats or attacks. Listen with genuine interest, acknowledge what is understandable in the other person’s experience, and use an approachable manner. Eye contact and posture can vary; effectiveness does not require a performance.

5. Observe

Notice what followed, including little or no change. Decide what the situation needs next.

6. Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

7. Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

Open this practice online

NOTES

Try it here.

You are sensing, thinking, reacting, remembering, wanting, listening, moving, and imagining. You notice other people, know where your body is, and decide what deserves attention. Much of it happens automatically.

Already Here asks: What happens when you practice doing some of it deliberately?

No belief or particular result is required. Try something. Notice what happens.

Somatic Arts, in our words.

“Somatic” means relating to the body. Already Here uses Somatic Arts for practices involving attention, sensation, breathing, movement, perception, memory, imagination, and awareness of your reactions.

Sometimes the body moves. Sometimes it rests while attention or imagination does the exploring. You are learning what happens when you work deliberately with capacities you already use.

Notice. Experiment. Respond.

Notice

What is actually happening?

Experiment

What changes if you shift attention, imagine something differently, or try another action?

Respond

Given what is happening, what would be useful now?

These are ways to get your bearings, not boxes that every practice must fit.

Experience is evidence of experience.

If you experience something unusual, describe what you noticed in ordinary words.

Unusual does not mean advanced.

A dramatic experience need not be more useful than noticing something ordinary precisely. Before exploring body representation or unusual perceptions, ask:

- Can I begin and stop voluntarily?
- Can I repeat what I intended?
- Can I distinguish what happened from what I expected?
- Can I check it when checking is possible?
- Can I return comfortably to ordinary activity?

Enter voluntarily. Investigate. Leave the result open. Return when you choose.

You do not have to relax.

Calm can be pleasant, but anger, excitement, sadness, restlessness, and neutrality also give you something to notice. The invitation is to notice more clearly. Sometimes calm follows; sometimes it does not.

Nothing to believe.

Some exercises are original explorations. Others adapt established systems such as DBT. Some questions have older contemplative roots. You do not need to adopt a source's worldview to try an invitation.

The Index's evidence guide distinguishes teaching sources, research, and untested proposals. DBT provenance and Imagery resources remain available in their sections.

Try it here.

Choose a safe place with no task requiring your attention. Eyes can remain open. Pause briefly at each step, skip anything unavailable or uncomfortable, and end whenever you wish.

1. Body Notice both hands without needing to move them. Can both be present in attention? Alternating is also something to notice. Use another comfortable point of contact if preferred.
2. World Notice a sound that seems far away, without needing to name it. Distance may be uncertain. If hearing is unavailable, notice a visible color or shape.
3. Both Can that contact and the sound or color be present together? Let the question remain a question.
4. Reaction Notice whether you are trying to succeed, judging the exercise, or wondering what should happen. That is part of the experience too.
5. Return Look around. Feel your feet or the chair, move comfortably if you wish, and return to your next ordinary activity.
6. Make It Yours If this works for you, make it part of your practice. If it does not, let it go.

That is Already Here. Nothing spectacular needed to happen. You deliberately noticed something that was already occurring.

You can always leave an experiment.

If a practice becomes disorienting, frightening, painful, physically concerning, or difficult to stop, stop. Notice your surroundings and ordinary contact; move if comfortable and return to a familiar activity. Choose something simpler. Persistent or concerning symptoms deserve appropriate support.

Distress is not a requirement for progress. Follow the more specific cautions on practices involving strong emotion, body representation, or physiological changes.

In ordinary life

These brief invitations come from the site’s everyday-life reminders. The invitation itself is the action; these are not abbreviated versions of the full practices.

Body / Short invitation

☐ Can I know three ordinary steps?

While walking somewhere safe

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Feeling Tone / Short invitation

☐ What does approval feel like before I explain it?

Receiving praise

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Change / Short invitation

☐ Can I notice its ending without looking for another sound?

Hearing a sound fade

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Wanting & Resisting / Short invitation

☐ What am I hoping to receive?

Before opening social media

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Thought / Short invitation

☐ What did I notice before the story began?

A minor irritation

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

The Five Streams / Short invitation

☐ What is sensation, what is recognition, and what is the impulse to respond?

Receiving a small criticism

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Self & Ownership / Short invitation

☐ Did I choose this particular thought before it appeared?

An unexpected thought

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Letting Go / Short invitation

☐ Can I enjoy this briefly without planning its continuation?

A good moment

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Goodwill / Short invitation

☐ Can I let their happiness matter for a moment?

Someone shares good news

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Quiet / Short invitation

☐ Does this ease need a running commentary?

A quiet moment at home

A brief look is enough. Keep your attention on safety and whatever the situation needs.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Attention / Short invitation

☐ While waiting, include both hands. Can they remain recognizable together?

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Hearing / Short invitation

☐ Locate a distant sound, then look when it is safe to verify.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Seeing / Short invitation

☐ Notice an object, then the space beside it. What changed in emphasis?

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Body / Short invitation

☐ Seated safely, estimate where your hands are. Look and compare.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Space / Short invitation

☐ Before entering a familiar room, recall its layout. Then check.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Mental Construction / Short invitation

☐ Recall one familiar object, then compare your representation with the object.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Memory / Short invitation

☐ Recall a recent object’s location, then check rather than filling in the gap.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Mental Fortress / Short invitation

☐ Feel your support, loosen any unnecessary effort, and carry a little room to choose into the day.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Fatigue / Short invitation

☐ Before taking on one more task, check what you have left.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Remembering / Short invitation

☐ Recall one ordinary detail, then check what can be checked.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Yes and... / Short invitation

☐ **Before a reflexive dismissal, see whether there is one honest point of contact.**

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Stillness / Short invitation

☐ **Let one thought remain unfinished while you feel ordinary support.**

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Sessions / Short invitation

☐ Choose an ending before you begin.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

The cave / Short invitation

☐ Reserve a small pocket of quiet with a clear way back.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Pain / Short invitation

☐ Make one comfortable adjustment and ask what care is needed.

Safety and the real situation come first. Never practice while driving, crossing traffic, or operating equipment.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Arrive / Short invitation

☐ Standing in line, describe one sensation without giving it a verdict.

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Survive the Wave / Short invitation

- [ ] **Before sending the text, pause long enough to choose your next action.**

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Read the Body / Short invitation

- [ ] **After a notification, notice your jaw, hands, and urge before replying.**

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Change the Action / Short invitation

☐ Before acting on an urge, ask whether it fits the facts and serves your objective.

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Acceptance / Short invitation

☐ With a minor delay you cannot change, experiment with willing hands.

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Soothe / Short invitation

☐ Let something pleasant nearby receive a moment of deliberate attention.

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Relate / Short invitation

☐ Before a conversation, name your request and one value you want to keep.

Notice what follows. A small change, no change, or a need for something else are all useful observations.

Return

Let the exploration end. Notice your surroundings and the support beneath you. Resume ordinary activity when you feel ready.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Try it here. / Short invitation

☐ Try it here.

Body

Notice both hands without needing to move them. Can both be present in attention? Alternating is also something to notice. Use another comfortable point of contact if preferred.

World

Notice a sound that seems far away, without needing to name it. Distance may be uncertain. If hearing is unavailable, notice a visible color or shape.

Both

Can that contact and the sound or color be present together? Let the question remain a question.

Reaction

Notice whether you are trying to succeed, judging the exercise, or wondering what should happen. That is part of the experience too.

Return

Look around. Feel your feet or the chair, move comfortably if you wish, and return to your next ordinary activity.

Make It Yours

If this works for you, make it part of your practice. If it does not, let it go.

NOTES

Glossary

Plain-language definitions, further reading, and a guide to what the sources support.

Ordinary words for unfamiliar ideas.

Definitions describe how words are used here. Some are clinical terms, some come from contemplative traditions, and some are our own metaphors.

What does “somatic” mean here?

Somatic means relating to the body. Already Here uses it for everyday exploration of sensation, contact, movement, attention, and imagery. See MedlinePlus: medical word parts and NCCIH: relaxation techniques.

To learn more, begin with the accessible resources below and distinguish a method’s claims from research on that specific method.

Acceptance

Acknowledging what is happening so you can respond. It does not require approval, forgiveness, or remaining in harm. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Action urge

The impulse to do something that accompanies a feeling, such as interrupting, avoiding, or reaching. An urge is not an instruction. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Attention

What receives emphasis in your experience. Here, practicing attention includes noticing wandering and returning. Explore on this site · NHS: mindfulness

Autonomic nervous system

Processes that help regulate bodily functions without ongoing deliberate direction. Some functions, including breathing, also permit voluntary influence. Explore on this site · NHLBI: how your body controls breathing

Body representation

Your experienced or imagined model of your body. Explore on this site · Site usage / editorial definition

Boundary

Either a physical or experienced edge, or a limit you communicate in a relationship. The Self and Emotions sections use these different senses. Explore on this site · Site usage / editorial definition

Check the facts

Separate observable events from assumptions, then ask whether the emotion and its intensity fit the situation. Explore on this site · Behavioral Tech: emotion regulation in DBT, part 2

Compassion

An orientation of care toward difficulty, including your own. It need not arrive as a warm feeling. Explore on this site · Site usage / editorial definition

Construct

On this site, a deliberately imagined shape, object, place, or body. Building, inhabiting, changing, and releasing it can reveal how attention, choice, and attachment feel. Explore on this site · Site usage / editorial definition

Craving

A strong wanting or urge. Here the goal is choice around it, with real needs such as food and rest still respected. Explore on this site · VA: urge surfing

DBT (dialectical behavior therapy)

A structured psychotherapy developed by Marsha Linehan, combining acceptance and change. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

DEAR MAN

A DBT request-making reminder: Describe, Express, Assert, Reinforce; stay Mindful, Appear confident, Negotiate. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Dialectical

Making room for apparently opposing truths: you can accept a present feeling and also change what you do next. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Distress tolerance

Skills for getting through a difficult moment without making it worse. Solving the underlying problem may come later. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Emotion regulation

Recognizing and responding to emotions, including changing conditions or actions. It does not mean eliminating emotion. Explore on this site · Behavioral Tech: emotion regulation in DBT, part 2

Equanimity

Steady care amid changing experience. In this site’s exercises it means room to respond, rather than indifference. Explore on this site · Site usage / editorial definition

FAST

A DBT self-respect reminder: be Fair, avoid unnecessary Apologies, Stick to values, be Truthful. Appropriate apologies still matter. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Feeling tone

The pleasant, unpleasant, or neither quality of an experience. It is narrower than a full emotion such as anger or joy. Explore on this site · Site usage / editorial definition

Five Streams

Our accessible label for exploring body/form, feeling tone, recognition, intentions or formations, and conscious experience. Inspired by contemporary texts. These are not five literal substances. Explore on this site · Site usage / editorial definition

GIVE

A DBT relationship reminder: be Gentle, act Interested, Validate, use an Easy manner. Validation does not require agreeing with every claim. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Grounding / orienting

Here, returning attention to familiar surroundings and physical support. Explore on this site · Site usage / editorial definition

Guided imagery / visualization

Using an imagined scene or sensation as an invitation. Vivid pictures are optional; words or a general idea may be more accessible. Explore on this site · Cambridge University Hospitals: guided imagery

Imagery rescripting

A clinical method of revisiting distressing imagery and imagining a changed response or sequence. Explore on this site · Boterhoven de Haan and colleagues: imagery rescripting trial (2020)

Inference

An interpretation drawn from observations. “I noticed warmth” is an observation; “this proves the exercise works” adds an inference. Explore on this site · Site usage / editorial definition

Interoception

Sensing and interpreting signals from inside the body, such as hunger or breathing sensations. Not every bodily process is consciously felt. Explore on this site · NIH workshop: interoception

Intuition

A quick sense or judgment that may arrive without a clear account of the reasoning. On this site, treat it as a possibility to check alongside facts. Explore on this site · Site usage / editorial definition

Letting go

In these practices, briefly stopping an extra effort, argument, or pursuit. It does not mean abandoning care or responsibilities. Explore on this site · Site usage / editorial definition

Mental fortress

An imagined place or boundary you can inhabit, reshape, open, and leave. Explore protection and openness while remaining connected to your actual surroundings. Explore on this site · Site usage / editorial definition

Mind-made body

Here this names contemporary body-imagery exercises that explore how an outline, sensation, and the feeling of “me” come together, while the physical body stays supported. Explore on this site · Site usage / editorial definition

Mindfulness

Attending to present experience, including thoughts and feelings, with room to notice before reacting. It is not the absence of thoughts. Explore on this site · NHS: mindfulness

Nonreactivity

Allowing an experience without immediately adding an automatic action or argument. It does not require numbness or passivity. Explore on this site · Site usage / editorial definition

Opposite action

A DBT skill for changing an emotional action when the emotion does not fit the facts or the action would be ineffective. Safety and context come first. Explore on this site · Behavioral Tech: emotion regulation in DBT, part 2

Perspective-taking

Considering how an event might look to another person. An imagined viewpoint is a hypothesis; ask them when safe and appropriate. Explore on this site · Site usage / editorial definition

Proprioception

Your sense of the position and movement of your body, such as knowing where an arm is without looking. Explore on this site · APA Dictionary: proprioception

Radical acceptance

A DBT practice of acknowledging the reality of this moment, including difficult facts. Acceptance can coexist with action to change the situation. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Rerecording

This site’s informal metaphor for rehearsing a present-day response to a mild memory. Explore on this site · Boterhoven de Haan and colleagues: imagery rescripting trial (2020)

Rumination

Here, repeatedly going over the same concern without finding new information or a useful next step. Reflection can instead end with a choice or a pause. Explore on this site · Site usage / editorial definition

Somatic

Relating to the body. Here, somatic practice means exploring felt sensation, support, movement, attention, and imagery in ordinary life. Explore on this site · MedlinePlus: medical word parts

Subconscious / automatic

We use subconscious informally for processes outside immediate awareness. Explore on this site · NHLBI: how your body controls breathing

TIP

DBT skills involving Temperature, Intense exercise, and Paced breathing with paired muscle relaxation. Follow the individual page’s health cautions; not every option suits every person. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Urge surfing

Noticing an urge’s bodily sensations and changes while leaving room to choose your action. Success does not require the urge to vanish. Explore on this site · VA: urge surfing

Validation

Acknowledging that a feeling or perspective can make sense in context. It does not certify every interpretation as fact. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

Willing hands

A DBT acceptance invitation using an open, relaxed hand position. It is optional and does not mean agreeing to another person’s demands. Explore on this site · Linehan: DBT Skills Training Handouts and Worksheets

A few places to begin.

1. Understand the body. Start with MedlinePlus: medical word parts, NHLBI: how your body controls breathing, and NIH workshop: interoception.
2. Try an established approach. Read Cambridge University Hospitals: guided imagery, VA: urge surfing, or NHS: mindfulness alongside a short practice.
3. Learn the full framework. Explore Linehan: DBT Skills Training Handouts and Worksheets and the section-specific introductions.
4. Read the evidence carefully. NCCIH: meditation and mindfulness and NCCIH: relaxation techniques explain limitations as well as possible benefits.
5. Find personal guidance. NIMH: psychotherapies explains professional care. Look for relevant qualifications, realistic claims, and freedom to stop.

Read alongside the practice.

Definitions explain terms. Teaching materials explain methods. Clinical studies test particular interventions in particular populations. Historical texts document traditions. Original invitations and metaphors remain proposals unless tested.

Body attention and relaxation

Some relaxation approaches may be useful, with benefits varying by method and setting.

Related page · NCCIH: relaxation techniques · NIH workshop: interoception

Breathing without directing it

Breathing normally operates without conscious planning and can also be influenced voluntarily.

Related page · NHLBI: how your body controls breathing

Mindfulness, calm, and happiness

Research and educational sources support learning about present attention.

Related page · NCCIH: meditation and mindfulness · NHS: mindfulness

Anger and bodily signals

Physical signs can help a person notice rising anger.

Related page · NHS: help with anger

Imagery and emotion

Imagining a comfortable scene is a recognized relaxation approach.

Related page · Cambridge University Hospitals: guided imagery · NCCIH: relaxation techniques

DBT skills

The skills are adapted from the named teaching sources.

Related page · Linehan: DBT Skills Training Handouts and Worksheets · Behavioral Tech: emotion regulation in DBT, part 2

Cravings

Urge surfing teaches observing an urge without automatic action.

Related page · VA: urge surfing

Memories and “rerecording”

Research on therapist-delivered imagery rescripting is relevant background.

Related page · Boterhoven de Haan and colleagues: imagery rescripting trial (2020) · NIMH: psychotherapies

Self, perception, and Abilities

These are exploratory questions and comparisons.

Related page · Editorial exploration; original proposals.

Knots, shelves, roots, and inner conversations

These are optional editorial metaphors for attention and reflection.

Related page · Editorial exploration; original proposals.

The links below are the basis and further reading for the site’s main factual and method claims.

Sources & further reading

Reviewed October 6, 2026. Links lead to the source publishers; some documents are PDFs or may require access. Summaries are our own, not quotations.

APA Dictionary: proprioception

The sense of body position and movement. Useful vocabulary for the Body and Space experiments.

Behavioral Tech: emotion regulation in DBT, part 2

Explains checking facts and using opposite action when appropriate. This is not advice to override justified fear, tolerate harm, or use the same action for every emotion.

Boterhoven de Haan and colleagues: imagery rescripting trial (2020)

A randomized comparison of therapist-delivered imagery rescripting and EMDR for adults with childhood-trauma-related PTSD.

Cambridge University Hospitals: guided imagery

A practical introduction to imagining a comfortable scene.

Linehan: DBT Skills Training Handouts and Worksheets

Publisher-provided materials for mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Our wording is an adaptation.

MedlinePlus: medical word parts

The roots somat-, somatico-, and somato- mean body or bodily.

NCCIH: meditation and mindfulness

Research on benefits, uncertainty, and possible adverse experiences.

NCCIH: relaxation techniques

Introduces imagery, muscle relaxation, and other approaches, with condition-specific research and its limitations.

NHLBI: how your body controls breathing

Explains automatic breathing and its nervous-system and muscular control, alongside ways breathing can be voluntary.

NHS: help with anger

Describes early physical signs and creating time before reacting, plus when to get support.

NHS: mindfulness

Introduces attention to current thoughts, feelings, and surroundings.

NIH workshop: interoception

Describes sensing and interpreting internal bodily signals.

NIMH: psychotherapies

Explains psychotherapy and choosing professional help. Useful when distress persists, everyday functioning suffers, or self-guided exercises are not enough.

VA: urge surfing

Teaches noticing bodily urges and their changes without automatically acting. The aim is a different relationship with an urge.

Back to Find ↑

Practice index

A brief gap (Wanting & Resisting) 65

A clear patch between tasks (Core practices) 14

A comfortable imagined place (Make room for calm and joy) 101

A complete gentle session (Sessions) 307

A kinder second take (Meet a memory differently) 90

A mental fortress (Mental Construction) 184

A pause before depletion (Fatigue) 284

A pause with a return (Return with a clear response) 121

A place to sit (Core practices) 25

A represented body (Mental Construction) 178

A return you can repeat (Make room for calm and joy) 100

A rhythm of small returns (Practice returning, not holding on) 131

A room heard in layers (Space & Senses) 37

A room with a way back (The cave) 313

A shared quiet session (Sessions) 310

A small energy budget (Fatigue) 282

A small outward step (Yes and...) 297

A smaller circle (Returning) 44

A thread across ordinary days (Remembering) 292

A wave with room around it (Let the feeling move through) 118

A wider view (Core practices) 17

Activate instead of collapse (Change the Action) 354

Actual posture, imagined posture (Mental Construction) 167

After a notification, notice your jaw, hands, and urge before replying. (Read the Body) 385

Already pleasant (Feeling Tone) 56

An anchor beside the pain (Pain) 330

An arriving thought and a chosen thought (Self & Ownership) 75

An echo is not the whole story (Untangle the knot) 99

An emotion in moments (Change) 63

An Imagined Hand in Motion (Formation) 216

An itch, if it appears (Change) 62

An ordinary breath (Body) 48

An ordinary event in context (Remembering) 289

An unhurried exploration (Core practices) 27

Approach instead of avoid (Change the Action) 352

Arriving, present, gone (Change) 61

Ask without apologizing for the need (Give your yes and no a voice) 111

Attention with a lighter touch (Fatigue) 283

Background takes a turn (Shared Attention) 39

Before a conversation, name your request and one value you want to keep. (Relate) 387

Before a reflexive dismissal, see whether there is one honest point of contact. (Yes and...) 382

Before acting on an urge, ask whether it fits the facts and serves your objective. (Change the Action) 386

Before entering a familiar room, recall its layout. Then check. (Space) 379

Before sending the text, pause long enough to choose your next action. (Survive the Wave) 385

Before taking on one more task, check what you have left. (Fatigue) 381

Before the words (Core practices) 15

Begin again after a slip (Loosen the grip of craving) 107

Beyond the visible room (Mental Construction) 182

Body map (Body) 158

Borrow a little warmth (Invite a different feeling) 85

Boundary and Belonging (Self-Inquiry) 242

Bring one thing out (The cave) 317

Bringing Ease Into Ordinary Movement (Integration) 260

Build a courtyard that opens outward (Mental Fortress) 276

Build together, keep your no (Yes and...) 299

Build, revise, release (Mental Construction) 185

Can I enjoy this briefly without planning its continuation? (Letting Go) 375

Can I know three ordinary steps? (Body) 372

Can I let their happiness matter for a moment? (Goodwill) 376

Can I notice its ending without looking for another sound? (Change) 373

Can this be kept? (Self & Ownership) 76

Care for the next hour (Pain) 334

Carry one detail back (Returning) 46

Carry one percent of the ease (Returning) 47

Catch a small want (Wanting & Resisting) 64

Center, field, center (Shared Attention) 41

Certainty tags (Memory) 190

Change a scene’s boundary (Mental Construction) 183

Changing Form, Following Continuity (Self-Inquiry) 246

Changing One Quality (Formation) 218

Choose an ending before you begin. (Sessions) 383

Clarity Without Strain (Preparation) 200

Close the notebook (Meet a memory differently) 94

Color before object (Seeing) 153

Comfort in the background (Shared Attention) 43

Comfortable attention elsewhere (Pain) 332

Compare two small choices (Core practices) 21

Completing the Felt Form (Formation) 210

Conditions for quiet (Quiet) 81

Constructed room (Space) 163

Constructed sound (Mental Construction) 176

Constructed touch (Mental Construction) 177

Contact, sound, and sight together (Shared Attention) 40

Contentment without a purchase (Make room for calm and joy) 102

Curiosity before the rebuttal (Yes and...) 296

Describe without verdict (Arrive) 338

Describe your ordinary viewpoint (Space) 161

Design, try, revise (Sessions) 311

Did I choose this particular thought before it appeared? (Self & Ownership) 375

Direction (Hearing) 148

Does this ease need a running commentary? (Quiet) 376

Double position (Mental Construction) 168

Drawing Out the Form (Distinction) 228

Dual attention (Attention) 138

Duration (Attention) 140

Ease without a review (Quiet) 83

Emotion without the story (Read the Body) 349

End the inner courtroom (Untangle the knot) 97

Enough for this moment (Feeling Tone) 57

Expectation and Surprise (Integration) 254

Experience Without Immediate Ownership (Self-Inquiry) 248

Experience, Explanation, and Evidence (Integration) 250

Failure is part of the process (The cave) 324

Feel your support, loosen any unnecessary effort, and carry a little room to choose into the day. (Mental Fortress) 380

Figure / ground (Seeing) 152

Find the action urge (Read the Body) 348

Find the need under the reach (Loosen the grip of craving) 105

Firm words, ordinary breath (Return with a clear response) 122

Five channels (Soothe) 364

Follow a comfortable movement (Core practices) 20

For the next minute (Give yourself a moment off duty) 124

Form Without a Visual Picture (Formation) 212

From anger toward clarity (Invite a different feeling) 86

From doing to resting (Core practices) 24

From worry toward curiosity (Invite a different feeling) 87

Gathering Scattered Attention (Preparation) 196

Gentle instead of aggressive (Change the Action) 353

Gentle, interested, present (Relate) 368

Give the gate a boundary (Mental Fortress) 270

Give your guardians real names (Mental Fortress) 274

Half-smile (Acceptance) 356

Hands at rest (Core practices) 16

Hands without a task (Let the feeling move through) 117

Hear (Soothe) 360

How a story gathers (Thought) 69

Imagine a heavier cup (Mental Construction) 172

Imagine a tilted object (Mental Construction) 171

Inhabiting the Construct (Formation) 214

Inside, alongside outside (Shared Attention) 38

Intending and Noticing Movement (Self-Inquiry) 238

Invite play back in (Make room for calm and joy) 103

It's okay to be a patient (Fatigue) 286

Keep the facts, soften the verdict (Meet a memory differently) 92

Knowing this position (Body) 50

Knowing where a hand is (Contact & Body) 31

Lay a foundation of contact (Mental Fortress) 268

Layers (Hearing) 145

Leave the pursuit for a moment (Wanting & Resisting) 66

Let a good moment linger (Core practices) 22

Let a little pleasantness count (Core practices) 23

Let one thought remain unfinished while you feel ordinary support. (Stillness) 382

Let something pleasant nearby receive a moment of deliberate attention. (Soothe) 387

Let the chair do its part (Core practices) 26

Let the shoulders settle (Core practices) 11

Let useful thinking rest (Quiet) 82

Listening without following (Stillness) 304

Locate a distant sound, then look when it is safe to verify. (Hearing) 377

Location reconstruction (Space) 164

Look for what stays (Change) 60

Looking from here: sensation and viewpoint (Shared Attention) 42

Loosen one thread (Untangle the knot) 95

Love yourself (The cave) 318

Make one comfortable adjustment and ask what care is needed. (Pain) 384

Make the next choice easier (Loosen the grip of craving) 106

Making Attention Malleable (Preparation) 204

Meeting difficulty with care (Goodwill) 78

Mindful conversation (Relate) 365

Morning reconstruction (Memory) 186

Motion detection (Seeing) 155

Move the representation (Mental Construction) 180

Multimodal object (Mental Construction) 174

Name it (Read the Body) 350

Narrow, broad, ordinary (Sessions) 309

Near / far (Hearing) 144

Near enough to reach (Space & Senses) 36

Near me (Space) 165

Negative space (Seeing) 154

Neutral has detail (Feeling Tone) 59

No second argument (Let the feeling move through) 116

Nothing extra, just now (Give yourself a moment off duty) 126

Notice an object, then the space beside it. What changed in emphasis? (Seeing) 378

Observe the body (Arrive) 336

One clear outline (Mental Construction) 179

One contact, two names (Contact & Body) 30

One moment, five questions (The Five Streams) 72

One question, lightly held (Sessions) 308

One small beginning (Core practices) 12

One sound (Hearing) 142

One thing (Arrive) 339

One true point of agreement (Yes and...) 295

Paced breathing (Survive the Wave) 342

Participate (Arrive) 341

Parts, before the whole (Body) 52

Pause the next sentence (Thought) 70

Pause without grading the pause (Welcome what is pleasant) 130

Peripheral expansion (Seeing) 150

Permission to leave it unfinished (Fatigue) 285

Physical Contact and Imagined Form (Distinction) 222

Physical qualities (Body) 53

Place an object (Mental Construction) 181

Pleasant without holding (Feeling Tone) 55

Posture first (Change the Action) 351

Prediction and What Actually Happens (Distinction) 232

Protection Without a Permanent Fortress (Self-Inquiry) 244

Put the next sentence down (Thought) 71

Put two tools within reach (Mental Fortress) 272

Quiet company with yourself (The cave) 315

Quieting the mind (Stillness) 302

Readiness Without Expectation (Preparation) 206

Recall a recent object’s location, then check rather than filling in the gap. (Memory) 380

Recall one familiar object, then compare your representation with the object. (Mental Construction) 379

Recall one ordinary detail, then check what can be checked. (Remembering) 381

Recall, check, release (Remembering) 293

Receive a kind word (Yes and...) 298

Recognition and intention (The Five Streams) 74

Recognize a thought (Thought) 68

Rehearse the next encounter (Meet a memory differently) 93

Release the extra effort (Pain) 331

Release through muscles (Survive the Wave) 344

Releasing and Reconstructing (Distinction) 234

Remembered steadiness, present support (Remembering) 290

Remembering to return (Remembering) 291

Repair one stone after a setback (Mental Fortress) 278

Repair without disappearing (Give your yes and no a voice) 112

Represented movement (Mental Construction) 169

Reserve a small pocket of quiet with a clear way back. (The cave) 383

Resolution (Attention) 136

Rest without earning it (Fatigue) 281

Resting With an Unanswered Question (Integration) 258

Return (Arrive) 340

Return (Returning) 45

Returning the Form (Distinction) 230

Reverse day (Memory) 188

Ride the urge (Loosen the grip of craving) 104

Room for a breath (Core practices) 10

Room for frustration (Core practices) 19

Room for someone else’s joy (Goodwill) 79

Room map (Space) 162

Roots beneath your feet (Core practices) 8

Rotate (Mental Construction) 175

Say no and let it stand (Give your yes and no a voice) 108

Seated safely, estimate where your hands are. Look and compare. (Body) 378

See (Soothe) 359

Self-respect in the body (Relate) 367

Sensory key (Memory) 189

Separate the orchestra (Hearing) 147

Separate then from now (Untangle the knot) 98

Set down the roles (The cave) 314

Settling Unfinished Intentions (Preparation) 194

Shame is no longer allowed (The cave) 320

Shift (Mental Construction) 170

Simple object (Mental Construction) 173

Size (Body) 159

Skin as a meeting place (Contact & Body) 29

Smell (Soothe) 361

Sound, then hearing (Space & Senses) 34

Space around a thought (Core practices) 13

Stable background (Attention) 137

Standing in line, describe one sensation without giving it a verdict. (Arrive) 384

Stay (Attention) 135

Stay in the interaction (Relate) 366

Steadiness Without Rigidity (Preparation) 202

Steady care (Goodwill) 80

Stillness with permission to move (Stillness) 303

Strong movement (Survive the Wave) 345

Support before concentration (Pain) 329

Sustaining Without Grasping (Formation) 220

Taste (Soothe) 362

Temperature shift (Survive the Wave) 346

The amber-light check (Catch the rise) 115

The body saying no (Acceptance) 358

The event and the objection (Wanting & Resisting) 67

The first lean (Feeling Tone) 54

The Form and Its Surrounding Space (Distinction) 226

The open-door retreat (The cave) 316

The overlooked edges (Core practices) 18

The shape of sitting (Contact & Body) 33

The shelf that keeps your place (Give yourself a moment off duty) 125

The space between (Space & Senses) 35

The unfilled interval (Stillness) 305

The warmth already here (Contact & Body) 32

The Whole-Body Outline (Formation) 208

There are no tests, only lessons (The cave) 326

Three channels (Attention) 139

Three ordinary steps (Body) 51

Threshold (Hearing) 149

Touch (Soothe) 363

Tranquility Throughout the Body (Preparation) 198

Try a different action (Invite a different feeling) 88

Try it here. (Try it here.) 388

Try their chair, keep your feet (Look underneath and alongside) 120

Turning toward reality (Acceptance) 357

Two feelings, two open hands (Untangle the knot) 96

Two Forms, One Field of Attention (Distinction) 224

Unpleasant, and the response (Feeling Tone) 58

Visual stillness (Seeing) 156

Vividness and Accuracy (Integration) 252

Walking meditation (Stillness) 301

Warmth without an achievement (Welcome what is pleasant) 128

What am I hoping to receive? (Wanting & Resisting) 373

What Changed in How I Live? (Integration) 262

What did I notice before the story began? (Thought) 374

What does approval feel like before I explain it? (Feeling Tone) 372

What else is here? (Look underneath and alongside) 119

What is behind your core fear? (The cave) 322

What is sensation, what is recognition, and what is the impulse to respond? (The Five Streams) 374

What Persists After Release? (Integration) 256

When Does a Form Become Mine? (Self-Inquiry) 236

Where Is the Apparent Observer? (Self-Inquiry) 240

Where is the emotion? (Read the Body) 347

While waiting, include both hands. Can they remain recognizable together? (Attention) 377

Whole auditory field (Hearing) 146

Willing hands (Acceptance) 355

Wishing well (Goodwill) 77

With a minor delay you cannot change, experiment with willing hands. (Acceptance) 386

Yes, and one real addition (Give your yes and no a voice) 110

Your first three signals (Catch the rise) 114

Sources and links

911

tel:911

988

https://988lifeline.org/

APA Dictionary: proprioception

https://dictionary.apa.org/proprioception

Behavioral Tech Institute

https://behavioraltech.org/

Behavioral Tech: emotion regulation in DBT, part 2

https://behavioraltech.org/role-of-emotion-regulation-dbt-part-2/

Cambridge University Hospitals: guided imagery

https://www.cuh.nhs.uk/patient-information/a-brief-guide-to-guided-imagery/

CDC: About sleep

https://www.cdc.gov/sleep/about/index.html

guided imagery resources

https://www.va.gov/WHOLEHEALTHLIBRARY/tools/Guided-Imagery.asp

Linehan: DBT Skills Training Handouts and Worksheets

https://www.guilford.com/add/linehan6_old/lin-c-handouts.pdf?t=1

Linehan’s formal skills-training resources

https://www.guilford.com/companion-site/DBT-Skills-Training-Handouts-and-Worksheets-Second-Edition/9781572307810

MedlinePlus: medical word parts

https://medlineplus.gov/appendixa.html

NCCIH on meditation effectiveness and safety

https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety

NCCIH: relaxation techniques

https://www.nccih.nih.gov/health/relaxation-techniques-what-you-need-to-know

NCI Cancer Pain Control

https://www.cancer.gov/publications/patient-education/paincontrol.pdf

NCI guidance on fatigue

https://www.cancer.gov/about-cancer/treatment/side-effects/fatigue

NHLBI: how your body controls breathing

https://www.nhlbi.nih.gov/health/lungs/body-controls-breathing

NHS: help with anger

https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anger/

NHS: mindfulness

https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/

NIH workshop: interoception

https://www.niddk.nih.gov/-/media/Files/News/Meetings/NIDDK-April-2024-Gut-Feelings-Executive-Summary-508.pdf

NIMH guidance on psychotherapy

https://www.nimh.nih.gov/health/topics/psychotherapies

NIMH: Caring for your mental health

https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Resilience programs commonly include flexible thinking, emotional regulation, and coping skills

https://my.clevelandclinic.org/health/treatments/17799-resilience-training

therapist-delivered imagery rescripting

https://doi.org/10.1192/bjp.2020.158

Tip jar

https://paypal.me/willrawls?locale.x=en_US&country.x=US

VA: urge surfing

https://www.mirecc.va.gov/visn5/EBT/CBT-SUD/Urge-Surfing.asp

Visualisation - Oxford Health NHS

https://oxfordhealth.nhs.uk/camhs/self-care/sleep/relaxation/visualisation/

Disclaimers

The site's scope and limitations, collected in one place.

Education and care

Already Here is an educational practice library, not individualized medical or mental health advice, diagnosis, psychotherapy, trauma treatment, or a certification course. Its selected DBT skills are adaptations, not comprehensive DBT treatment. Self-guided practice does not replace qualified care for persistent distress, difficulty functioning, addiction, or substance withdrawal. See NIMH guidance on psychotherapy and the DBT teaching sources.

Sources and evidence

Definitions explain terms, teaching materials describe methods, and clinical studies test particular interventions in particular populations. A source supporting one approach does not validate this website as a program or establish the effects of its individual adaptations. The original mini-practices, metaphors, body-representation exercises, and Mental Fortress collection are exploratory proposals, not validated protocols or tests of general ability. Research on a complete clinical program cannot be transferred automatically to a single card. The source directory identifies the relevant reading.

Outcomes vary

No exercise guarantees calm, tranquility, happiness, resilience, lasting relief from cravings, or improved ability. Responses can differ across people and occasions, including no change or an unwanted effect. Mindfulness and imagery are not helpful for everyone. A vivid, dramatic, lengthy, or unusual experience does not establish progress. Practice is not a performance requirement, and distress is not something to overcome to earn a result.

Experience and interpretation

An inward experience is worth describing, but one experience does not establish a general conclusion about self or the world, its cause, or a theory about the brain. For example, “Perhaps the boundary I experienced as fixed is more flexible than I thought” is speculation. Keep observation, interpretation, hypothesis, and speculation distinguishable. Vividness, confidence, expectation, and intuition do not establish accuracy or externally verified events. A subjective change alone does not demonstrate a mechanism or transfer of learning.

Imagination and physical events

Mental constructs can have personal meaning without being external physical phenomena. An imagined body, location, movement, weight, or passage through a boundary does not move the physical body, alter mass or gravity, reveal a hidden place, or confer an unusual physical capacity. A fortress, armor, guardian, or reminder object provides no literal protection, hidden information, or assurance that another person is available. Keep real-world safety decisions grounded in the actual situation. Related guided imagery resources describe imagery practices, not proof of these physical claims.

Memory and imagined alternatives

Remembering and rehearsing can include errors even when a memory feels clear. These exercises do not recover lost memories or previous lives, reveal hidden causes of feelings, erase an original memory, or change historical facts. An imagined viewpoint does not establish what another person thought. “Rerecording” is an informal metaphor for rehearsing a present-day response, not a literal recording replacement or an established treatment schedule. Research on therapist-delivered imagery rescripting does not establish the effects of this site's mild-memory routine or a prescribed number of repetitions.

Body cues and perception

Sensations can inform reflection but are not diagnostic tests or proof that a decision is correct. They can reflect expectation, familiarity, and other influences. An anger cue does not uniquely identify anger or prove a hidden emotion underneath it. The attention and perception exercises are not hearing or vision tests: prominence is not increased sensory range, loudness is not a distance measurement, and felt size, nearness, or position need not match physical measurements. Check an estimate against the available facts.

Site language and metaphors

Somatic Arts is this site's umbrella term for exploration involving body and mind, not an established academic definition or a claim that all somatic methods share a mechanism or evidence base. “Subconscious” means processes outside immediate awareness; it does not identify a separate inner person. Cooperation, trees, knots, shelves, roots, and inner conversations are teaching metaphors, not physiological control theories. Definitions and source summaries are editorial descriptions rather than quotations. See the glossary for the site's usage.

Advanced and longer practice

The advanced Abilities collections contain original 10-30 minute experiments for experienced practitioners. Readiness may come through sustained meditation, extensive practice with this library, or trauma work that supports present stability. None certifies that trauma is permanently resolved or that a longer session is safe on every occasion. Choose a time when you can stay oriented, stop voluntarily, and return to ordinary activity. Begin with one experiment and leave time afterward. Shortening or stopping is a valid practice decision. Meditation can have unwanted effects, including increased distress; evidence about safety remains limited. Stop for panic, disorientation, an unsettling sense of unreality, or other concerning changes, and seek qualified support if they persist or affect daily life. See NCCIH on meditation effectiveness and safety. These new sequences are editorial experiments, not validated clinical programs.

Pain, fatigue, and medical care

Pain and fatigue practices support coping alongside care; they do not diagnose a cause, heal an injury, treat cancer, or replace medication or medical assessment. Use them only within your existing care plan. Tell your clinician about new, worsening, or unexplained symptoms, including changes during cancer treatment. Sudden severe pain, chest pain, difficulty breathing, fainting, or new weakness require urgent medical help rather than an exercise. Do not delay prescribed relief to complete a session or change medication from these instructions. Do not push activity through exhaustion or delayed symptom worsening. Comfort, attention, and pain intensity may change independently; lack of relief is not a failure of attitude or practice. See NCI guidance on fatigue and NCI Cancer Pain Control. These resources inform the care boundaries, not an endorsement of this site's individual exercises.

Social openness, consent, and temperament

“Yes and…” explores voluntary cooperation and small amounts of outward participation. Introversion is not a defect, and nobody needs to become extroverted to practice well. A positive response can include a clear refusal, a different proposal, or leaving. Do not override justified distrust, ignore warning signs, tolerate mistreatment, or pressure yourself or someone else into contact, disclosure, touch, agreement, or forgiveness. Partner exercises require willing participation; either person may stop without explanation. These are rehearsals, not a treatment for social anxiety or a promise of improved relationships.

Solitude, movement, and returning

“The cave” means a bounded pause in a familiar, accessible room, with comfortable light, ventilation, an easy exit, and access to help. It does not call for literal caves, sensory deprivation, fasting, sleep loss, or withdrawing from needed support. Walking meditation belongs on a safe, level route with eyes open and ordinary attention to balance and surroundings; use usual mobility supports or the seated alternative. Stillness permits movement, and quieting the mind does not require suppressing thoughts. End any exploration that makes ordinary orientation or functioning harder.