

## Week 2 Practice Exercises

From week 1 continue to:

- 1 in 1: do 1 thing mindfully for 1 min each day.
- Practice basic assumptions: how did outcomes change?
- Notice transactions and your thoughts.
- Notice empathy. Notice sympathy.
- Notice when you felt validated AND when you didn't.
- Notice judgements vs being judgmental.
- Notice cues/habits, mental/physical, you have to help you be present with your client/co-worker/family.

## Week 2 Practice Exercises

1. Pick one missed opportunity for validation. Share what you could have done differently.
2. How did validation opportunities change?
3. Practice Distress Tolerance Skills - STOP, TIP, Half Smile, Willing Hands, Radical Acceptance. Notice your level of distress before and after your skills practice.