

Worksheet for Clients

Name _____ Date _____

Present Moment Exercises

The purpose of this worksheet is to guide you through present moment exercises designed to enhance mindfulness and awareness. These exercises aim to slow your mind, cultivate your ability to stay present, and assist you in recognizing patterns of behavior that may contribute to stress.

Instructions:

1. Engage in the present moment exercises outlined below.
2. Use the space provided to document your observations, thoughts, and feelings during and following each exercise.
3. Take note of any patterns or recurring experiences that you observe.

Exercise 1: Breathing Counts

Instructions:

First, ensure that you find a serene and quiet environment to carry out this exercise. Start by settling yourself into a comfortable and supportive position. This could be sitting upright on a chair, reclining on a couch, or lying flat on your back, based on your personal preference. Once you're comfortable, rest your hands lightly on your

chest and abdomen. This is to enable you to feel the rise and fall of your breathing and to maintain awareness of your physical processes.

Next, start to breathe in a natural and unforced manner. Your breaths should be effortless and relaxed, not shallow or hurried. To help focus your mind and facilitate a greater consciousness of each breath, begin a gentle count. As you draw in your breath, mentally acknowledge it as “one”. As you release this breath and exhale, count it as “two”. Continue this pattern, associating each inhalation and exhalation with a sequential count. Your goal is to reach the count of ten without rushing or straining.

It’s important to note that this exercise is not about achieving perfection but rather about enhancing your awareness and connection with your body’s natural rhythms. If you find your mind wandering or losing count, simply acknowledge this and gently guide your focus back to the current breath, resuming your count.

Observations, Thoughts, and Feelings:

How did your body feel as you focused on your breath?

Did you notice any changes in the pace or depth of your breathing?

What thoughts or distractions arose during this exercise?

Exercise 2 Brushing Teeth With the Non-Dominant Hand

Instructions:

Brush your teeth using your non-dominant hand. Concentrate on the movements, sensations, and details of the experience.

Observations, Thoughts, and Feelings:

Describe the sensations and challenges you encountered while brushing your teeth with your non-dominant hand.

How did your mind respond to this task? Were there any distracting thoughts?

What did you notice about the pace and quality of your movements?

Exercise 3 Identifying Decision-Making Moments

Instructions:

Be attentive to specific moments throughout your day when you make decisions during your regular routines. Take note of the thoughts, feelings, and sensations that surface during these instances. Some examples are when deciding what to wear, choosing what to eat, or selecting where to have dinner with your friends.

Observations, Thoughts, and Feelings:

Describe one decision-making moment.

Reflect on the thoughts, feelings, or urges you experienced during that moment.

What patterns or recurring themes are you noticing when reflecting on these moments?

Remember that by actively engaging in these present moment exercises and reflecting on your experiences, you can gain insights into patterns of behavior that may contribute to stress. Use this worksheet to record your observations and explore ways to cultivate more balance and presence in your daily life. Remember to be patient with yourself and approach these exercises with curiosity and without judgment. Discuss your observations and insights with your therapist to further explore ways to manage stress more effectively.