

PRACTICING REDIRECTION TO PRESENT MOMENT

Practice time and day		Where are you? (living room, bus, your office etc.)	What are you doing? (working, resting, talking with someone)	What are your physical sensations?	What is on your mind? (thoughts, worries, pressures, urges, preoccupations; write down your stream of consciousness)	Do your reactions match your circumstances right at this moment? ¹	What is your goal for right now?	Is there anything you can do right now to address your concerns? If not, what is the best use of your time right now?
DATE: _____	waking							
	mid-day							
	bed time							
DATE: _____	waking							
	mid-day							
	bed time							
DATE: _____	waking							
	mid-day							
	bed time							

¹ Are you predicting the worse based on little information? Are you focusing on past hurts? If you worry about work while you are off or remain sleepless in a comfortable bed due to thoughts about rent or a relative, your attention is not on present moment. If you are thinking about a conversation you are about to have in next hour, then yes, your thoughts reflect what is happening relatively well.