Noticing Small Changes

An exercise in observing changes rather than judging whether you feel better.

GENTLE REMINDER

Only notice sensations that feel manageable. If body attention is uncomfortable, track what you see or hear outside you instead.

Before I pause: what am I aware of?

A physical sensation, emotion, thought, or something outside me.

My optional pause

I chose to look around / feel my feet / rest / connect / skip.

After I pause: what is different or the same?

No change is a valid observation.

If it changed, how did it change?

More / less / moved / different / unsure.

What did I learn about my preferences?

A preference is more useful than forcing an outcome.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Levine, P. A. (2010). In an Unspoken Voice. North Atlantic Books; Psychotherapy Networker, Levine master class (2018).

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