

RETURNING TO THE PRESENT · OPTIONAL PRACTICE SUPPORT

Practice Log

Record only what helps you learn.

Use one line after a practice or real situation when recording would be useful. You do not need to document every episode.

Date or situation	What pulled me away?	What helped me reconnect?	What did I notice about the present situation?	What choice became possible?	Useful change, 0-3

Useful change scale

0 = no meaningful change · 1 = a small change · 2 = a useful change · 3 = a substantial change

A zero is not a failure. You may still have noticed the pull, learned what did not help, or identified a need for more support.

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