

RETURNING TO THE PRESENT · OPTIONAL PRACTICE SUPPORT

Practice Workbook

A personal plan and reusable practice log.

THE FOUR-STEP RETURN

Notice → Reconnect → Check → Choose

The state is real. It may not be the whole situation.

Notice

Notice the pull.

Reconnect

Do something that confirms you are here.

Check

Notice what belongs to the present situation.

Choose

Take the next safe and useful action.

The state is real. It may not be the whole situation.

This workbook is optional. Record only what helps you prepare, learn, or discuss the practice with your clinician.

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Personal Return Plan

Prepare what helps before you need it.

Choose short, practical responses that fit your life. Different methods may help in different situations.

How I know I am being pulled away

What helps me reconnect

A phrase that helps me return

People or places that help

My next safe and useful action

Optional example phrase

I am having a strong reaction. I am here, it is now, and I can pause and choose what to do next.

Practice Log

Record only what helps you learn.

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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