Week Four: Positive Emotion – Home Practice

*1. Reading*

* Read Chapter 4 up to page 138
* Read the summary pages on Integration and Disintegration at a glance (pages 72 & 73)
* Read the summary pages on Negativity and Positive Emotion at a glance (pages 140 & 141)

*2. Do one thing regularly to increase Integration*

* Notice Prapanca, step out into your body, see if you can see the stories you tell yourself
* Three minute breathing space
* Simplify your life - reduce input
* Mindful walk / meal
* Try the coping breathing space

*3. Do one thing regularly to increase Positive Emotion*

* Gratitude list – list 5 things each night that you are grateful for
* Try to do one generous act for someone else each day that you wouldn't normally do

*4. Questions around Integration & Positive Emotion*

* Make a list of questions or queries to discuss the following week