FIRST EDITION / $5 USD

The Art of Noticing Yourself

Part II

Understand Feelings, Choose Responses

A 200-page guided workbook for describing everyday feelings, checking interpretations, and choosing responses that fit the situation.

24 chapters / Lessons, worked examples, practical experiments, and written reflection

The second volume in a planned five-part series.

START HERE

How to use this workbook

Read one chapter at a time. Each chapter occupies eight pages and moves from a lesson to a worked example, a personal observation, an experiment, a busy-day plan, an observation record, a review, and a transfer exercise.

Use the writing space to turn an idea into a decision. You can type answers in a separate document or print selected pages. The PDF is a write-in workbook with open response areas.

Choose one active experiment at a time. Other chapters can help you understand your plan without becoming additional daily assignments.

Examples are fictional teaching scenarios. The exercises support personal reflection and everyday planning. They are not clinical assessment or treatment.

CONTENTS / 1

Your chapter map

01 Begin with a manageable reaction / 9

02 Expand your feeling vocabulary / 17

03 Notice mixed feelings / 25

04 Describe intensity in your own terms / 33

05 Map the sequence around a feeling / 41

06 Separate a feeling from a conclusion / 49

07 Notice the meaning you attached / 57

08 Check the surrounding demands / 65

BEFORE CHAPTER ONE

Your starting point

Before choosing a change, describe the season you are in. Include commitments, available time, and one everyday reaction you would like to understand.

What would make the next month more workable?

CHAPTER 01 / UNDERSTAND

Begin with a manageable reaction

Choose an everyday reaction that you can reflect on without becoming overwhelmed. Describe the situation, your experience, and what you did. A small example gives you room to practise noticing before choosing a response.

You may choose a neutral or fictional practice example. Pause if reflecting on the event becomes distressing.

What makes this example manageable to explore?

CHAPTER 01 / OBSERVE

Follow a worked example

Mira feels irritated when a meeting runs over. She records the delay, the task she hoped to finish afterward, and her brief reply to a colleague.

Identify the starting situation, the change the person chooses, and the observation that could help them review it.

Which part of this example fits your situation, and which part needs changing?

CHAPTER 01 / AUDIT

Describe your current pattern

Use a recent real occasion. Record where you were, what happened just before the behavior, what you did, and what happened afterward. Separate what you observed from what you assumed.

Connect this observation to the chapter topic.

Begin with a manageable reaction

Describe one occasion and the practical consequence.

CHAPTER 01 / ACT

Try one small experiment

Choose a recent low-intensity reaction. Write the event, a tentative feeling word, and your action.

Write a start cue, an action, a visible endpoint, and the next opportunity to try it. Check that you have the time, materials, and access required.

My experiment and the observation I will collect

CHAPTER 01 / ADAPT

Prepare for a difficult day

You may choose a neutral or fictional practice example. Pause if reflecting on the event becomes distressing.

Name a likely obstacle for this particular experiment. Choose a smaller useful version or a different opportunity. Include an explicit pause option when the context requires one.

If this obstacle happens, what will I do, and when will I review the plan?

CHAPTER 01 / NOTICE

Record what actually happened

Use this page after a real attempt. Record the date, whether the planned opportunity occurred, the action you took, and the result. Use completed, adapted, paused, or missed as a description.

Record at least one contextual detail that could explain the result. Include what helped as well as what got in the way.

Date / opportunity / action / observed result / context

CHAPTER 01 / REVIEW

Choose the next adjustment

What makes this example manageable to explore?

Compare your plan with your record. Identify a specific observation that supports keeping, reducing, moving, or replacing the action. Change one element so the next attempt remains interpretable.

Evidence, decision, next action, and review date

CHAPTER 01 / TRANSFER

Carry the lesson forward

Choose a second situation where this chapter could help. Identify what stays useful and what changes with the new context. Keep this as a future possibility until you have capacity to test it.

Return to the worked example if you need a concrete model.

Mira feels irritated when a meeting runs over. She records the delay, the task she hoped to finish afterward, and her brief reply to a colleague.

A second situation, the necessary adaptation, and a realistic next opportunity