EXPANSION PRACTICE SHEET

Expansion means opening up and making room for difficult feelings, urges and sensations – thereby allowing them to 'flow through' you without a struggle. You don't have to like or want these feelings – you just make room for them and allow them to be there even though they are unpleasant. Once this skill is learned, if these feelings should resurface, you can rapidly make room for them and let them 'flow on by' – so you can invest your time and energy in doing meaningful life-enhancing activities, instead of struggling. Aim to practice at least once a day breathing into and making room for difficult feelings and sensations

Expansion Practice Form			
Day/Date/Time Feelings/sensations	How long I practiced for (mins) Struggle switch rating, 0 -10 10 = switch on, 0 = switch off, 5 = halfway point (tolerance)	Used a CD or MP3 to assist? yes/ no	Benefits and/or difficulties