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## CLIENT HOMEWORK ASSIGNMENT 1: EXPLORING SELF-AS-CONTEXT

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**Instructions:** This homework assignment is designed to further help you contact self-as-context or connect with the self that experiences things like thoughts, emotions, and sensations as ongoing processes—as if they flow through you rather than being you. In this exercise, you will get practice being the observer self. Start by choosing two days between now and the next time we meet to do this exercise.

Day 1 \_\_\_\_\_

Day 2 \_\_\_\_\_

On each of these days, select three times throughout the day when you will pause for about five minutes and take the time to notice what you're thinking, feeling, and sensing. Write down these different experiences on the tracking sheet. Be descriptive and spend just a little time elaborating on these experiences. At the end of the third time, reflect back on all three five-minute periods and observe the differences between them. Take note of how your experiences changed throughout the day.

Once you have reflected on how your experiences changed throughout the day, prepare to do a five-minute meditation. Start with closing your eyes and reflecting back on these experiences. Spend time in the meditation noticing the you that had those experiences. Notice the you that was there continuously throughout those experiences. As you meditate, take comfort in the fact that you have been there all along—that there is a stable and continuous you that is aware of these experiences and knows that you are larger than these experiences. End the meditation by taking a moment to gently appreciate yourself for taking the time to contact this sense of self.

Write in your responses on the tracking sheet.

<b>TRACKING SHEET</b>	
<b>Day 1</b> <b>Time 1:</b>	<b>Day 2</b> <b>Time 1:</b>
Thoughts:	Thoughts:
Emotions:	Emotions:
Sensations:	Sensations:
<b>Day 1</b> <b>Time 2:</b>	<b>Day 2</b> <b>Time 2:</b>
Thoughts:	Thoughts:
Emotions:	Emotions:
Sensations:	Sensations:
<b>Day 1</b> <b>Time 3:</b>	<b>Day 2</b> <b>Time 3:</b>
Thoughts:	Thoughts:
Emotions:	Emotions:
Sensations:	Sensations:

Write a brief paragraph about your meditation experience on each day. What did you discover?