



Mindfulness for Men

Workbench Exercise

Lesson 3: Stepping Back from Difficult Thoughts

Weekly Practice		
Mindfulness of Sounds and Thoughts (Date and Reflection)		eg. Monday: Hard to focus, sounds outside, better by end
Mindful Conversations (Date and Reflection)		
Disengaging from Negative Thoughts (Date and Reflection)		



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Mindful Conversation (Date and Reflection)	