



# HANDOUT 1: SESSION 02

## Developing awareness and coping with cravings and barriers to practice

This session focused on learning to attend to our triggers with full awareness. We practiced observing our experiences without automatically reacting. This involves learning to attend to our triggers in the moment and bringing non-judgemental awareness to the body sensations, thoughts and feelings that are associated with the triggers. Mindfulness practices help with developing this process of awareness. With practice, we can interrupt the automatic reactions that are typically associated with triggers, allowing us to make healthier, more skillful choices in the moment.

### → HOME PRACTICE

- 1 **Practice the body scan** for 5–6 days this week.
- 2 **Continue with mindfulness** of a daily activity practice.  
(e.g., drinking tea, washing dishes, brushing teeth, eating, etc.)