

# **WEEK 1: DISCOVERING MINDFULNESS AND AUTOPILOT**



**MTPC PATIENT WORKBOOK WEEK 1:  
DISCOVERING MINDFULNESS AND AUTOPILOT**

**Home Practice:**

**Formal Practice:**

- Practice the guided body scan each day for 30-45 minutes

**Informal Practice:**

- Tracking Autopilot in 10 Ways
- STOP ACHE GO – Stopping and Slowing down with at least one autopilot behavior this week—using awareness of 5 senses and body sensations to slow it down just like with the raisin exercise.

**Handouts:**

Guided Body Scan CDs (45 & 20 minutes)

Tracking Autopilot in 10 Ways

**Poem:**

**The Journey**  
by Mary Oliver

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| <p style="text-align: center;">One day you finally knew<br/>what you had to do, and began,<br/>though the voices around you<br/>kept shouting<br/>their bad advice—<br/>though the whole house<br/>began to tremble<br/>and you felt the old tug<br/>at your ankles.<br/>“Mend my life!”<br/>each voice cried.<br/>But you didn’t stop.<br/>You knew what you had to do,<br/>though the wind pried<br/>with its stiff fingers<br/>at the very foundations,<br/>though their melancholy<br/>was terrible.</p> | <p style="text-align: center;">It was already late<br/>enough, and a wild night,<br/>and the road full of fallen<br/>branches and stones.<br/>But little by little,<br/>as you left their voices behind,<br/>the stars began to burn<br/>through the sheets of clouds,<br/>and there was a new voice<br/>which you slowly<br/>recognized as your own,<br/>that kept you company<br/>as you strode deeper and deeper<br/>into the world,<br/>determined to do<br/>the only thing you could do—<br/>determined to save<br/>the only life you could save.</p> |
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## ST◇P, ACHE, & GO

**Stop** or **Slow down**

**Turn towards** experience or **Take** notice of breathing

**◇bserve with Openness** (thoughts, sensations, emotions, urges) (Diamond of Experience)

**Pleasantness** (notice Pleasant, unPleasant, or neutral feeling tone)

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**Allow** it to be as it is, **Accept** the ACHE is here or (**Anchoring** to present with breathing)

**Compassion/Curiosity/Common Humanity**

**Hold** the experience with warmth– bring **Hand** to **Hear**t or **Holding** touch

**Expand** awareness from ACHE to breathing, then to the body, then to all the senses.

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**GratITUDE** (that there is something you can do) then **Grounding** in values

**Open** to life, its challenges and its beauty, **Orient** towards experience with kindness

## TRACKING AUTOPILOT IN 10 WAYS

This week, see if you can notice *autopilot* in any of the below behaviors. You may also wish to write a brief note about what you noticed and/or count all the times you noticed one.

- **Relationships**

Examples: Patterns in relationships: hiding, complimenting, arguing, refusing, judging others

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- **Hygiene**

Examples: Flossing, brushing, showering, shaving, dressing

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- **Sleep**

Examples: Bedtime habits: Smartphone or TV to fall asleep, falling asleep on couch

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- **Nutrition/ Food/ Drink**

Examples: Eating fast, eating fats, salty, or sugar, eating without paying attention for signs of fullness, feeling need to finish my food

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- **Physical Activity**

Examples: Over-doing it, avoiding, feeling overwhelmed, tired, thinking about my looks

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- **Substance Use**

Examples: Caffeine, chocolate, alcohol, nicotine, cannabis, others

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- **Media Use**

Examples: TV, smartphone, tablet, internet, texting, Facebook, YouTube, Netflix, etc.

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- **Work/Stress**

Examples: Overworking, checking email, trouble saying no

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- **Medication**

Examples: Avoiding, taking when feeling bad, feeling broken, swallowing, inhaling, injecting

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- **Thoughts**

Examples: Automatic thoughts, judging experience, self or others, jumping to conclusions, catastrophizing (focusing on worse case)

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## WHAT WORKS FOR ME?

The MTPC program contains a wide range of formal and informal practices that can be used to strengthen the skills of mindfulness and compassion. As you complete the group, check off the practices that suit you most. Feel free to return to this page often as you discover what works best for you.

### Formal Practices

- Body Scan \_\_\_\_\_
- Mindful Movement – Floor Postures \_\_\_\_\_
- Mindful Movement – Standing Postures \_\_\_\_\_
- Mindfulness of Sounds \_\_\_\_\_
- Mindfulness of Breath \_\_\_\_\_
- Giving and Receiving Compassion \_\_\_\_\_
- Kindness Meditation \_\_\_\_\_
- Open Awareness Meditation \_\_\_\_\_

### Informal Practices

- Mindful Eating \_\_\_\_\_
- Mindfulness in a Routine Activity in Daily Life \_\_\_\_\_
- STOP-ACHE-GO \_\_\_\_\_
- Attention to Sounds in Daily Life \_\_\_\_\_
- Attention to Breath in Daily Life \_\_\_\_\_
- Awareness of Body Sensations in Daily Life \_\_\_\_\_
- Mindful Savoring (Savoring a positive experience for 10 min) \_\_\_\_\_
- Mindful Walking \_\_\_\_\_
- 3-minute STOP-ACHE-GO Breathing Space \_\_\_\_\_
- 3-minute STOP-ACHE-GO Self-Compassion Break \_\_\_\_\_
- Kindness practice \_\_\_\_\_
- Gratitude practice \_\_\_\_\_

Adapted from Germer (2017).