



### Review and Refine 1

You've now explored several ways to come home to yourself, to be centered in yourself, to be wholly present with yourself. Are you perfect at this now? Are you home all the time? Probably not. I know I'm still improving my ability to recognize when I've left home, and to come back home quickly. I'm still a work in progress when it comes to just staying home when I'm around certain people, hear disturbing news, face challenges in my work, or struggle with an issue with a close friend or relative. Things happen to pull us off home base.

As we practice in a variety of situations—with awareness, with attention, with persistence—we improve. We get better and better, more consistent, and more reliable at staying home, not wandering too far away, realizing we've strayed away, and coming back home before it turns dark. The activities here reinforce your learning, stimulate your awareness, and encourage your practice. We'll have these short interludes several times throughout this book. No sweat. No stress. This is all for you.

#### Revisit Your Be THERE Now Declaration

How's it going with reading or watching the *Be THERE Now Declaration* you crafted in Step 10 of Chapter 2 once or twice a day? The key here is to keep your intention top

of mind. As you progress along this path to your THERE, you'll likely get clearer on the senses, thoughts, feelings, and actions that are present THERE. Review and refine your declaration to capture this sharpening clarity.

## Self-Check

Choose the best response. You'll find the answers at the very end of this section.

1. True or False: The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
2. \_\_\_\_\_ identified eight primary emotions and observed that emotions lead people to do certain actions with their bodies.
  - a. Descartes
  - b. Gibsons
  - c. Plutchik
  - d. Thelen
3. The parasympathetic nervous system adjusts our function so we can:
  - a. Be calm and restore
  - b. Fight
  - c. Flee or freeze
  - d. Both b and c

4. Key points for learning include:

- a. Paying attention matters
- b. Moving attention around matters
- c. Repeating actions in different contexts and under different conditions matter
- d. All of the above

### Top Three Insights

Reflect on what you've been learning so far about yourself and the process of relieving your pain. Make a note of your top three insights or take-aways.

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1

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### Self-Observation

As we got started, you rated your pain in five areas and prioritized the area(s) you want to focus on as you work through this book. I've listed the categories here, just as a reminder of how we're grouping things.

D = daily activities pain

F = financial pain

R = relationship pain

S = sports, leisure activities and recreation pain

W = work, business, and school pain

As you go through these next days, take some time to reflect on what you're noticing and learning about yourself during this part of your journey from HERE to THERE. Pay attention to what pokes at your pain and what comforts you. Notice if you choose to use any of the activities in Chapter 4, You Are Home, when your priority pain arises. Conversely, if you notice you are NOT using any of these options, could you find a way to remember to try them out? Use the lines below to document your observations and insights.

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## Practice Plan

So, what's your plan? Your plan just for the next seven days, one week. You can adapt and adjust your plan as need be. But for now, you need to contemplate when, where, and how often you can practice and even apply the activities we've covered so far in your daily life.

Have you ever written or received an exercise prescription? This is sort of like that, with modifications to fit our purposes. Remember, though: you're exploring, not exercising. So, you can think of this Practice Plan as your exploration prescription.

Similar to an exercise prescription, here are the six elements you need to organize this week's plan.

- **Frequency:** decide and mark which day or days of the week you'll practice one or more activity. Commit to at least one activity on most days, if not every day. Make it work for you. I've left the frequency days blank for you to label, so you can start your plan with any day of the week as your day 1.
- **Mode:** select the activity/activities you'll practice on each day you selected.

Here's the list of awareness explorations, or modes, that you've done so far. If you'd like, you can use a number, my suggested abbreviation, or your own abbreviation for each mode.

Number	Awareness Exploration	My Abbreviation	Your Abbreviation
1	Get Your Bearings	GYB	
2	Breathe and Notice Variation 1: Scan Your Breathing Variation 2: Breathe and Know	B&N V1S B&N V2K	
3	First Impressions	FI	

- **Intensity:** choose how many repetitions of an activity you plan to do. Think of this as **how many times a day**, not the number you'll do in each practice session.
- **Duration:** set the approximate amount of time you want to allow yourself to do each repetition (intensity). I suggest up to two minutes, about five minutes, and around ten minutes.
- **When:** identify the time(s) of day or situation(s) you plan to practice each activity.

- **Where:** pick the location(s) for your practice session. This could simply be home, work, commute, play.

Some activities can be done anywhere and anytime. Others need a bit more planning. *Get Your Bearings* can be done most anywhere, anytime you have a minute or two. The *Breathe and Notice* activities can happen in sitting, standing, walking, and lying down. The *First Impressions* awareness exploration may fit into the end of your work day as part of your transition home. Maybe it's part of your bedtime routine. Maybe it will help you drift off to sleep more easily.

Here's an example of what a Monday might look like.

Frequency	Mode	Intensity	Duration	When	Where
Monday	GYB	2	2	Before meetings	Work
	B&N V2K	1	5	After work	Play, on my walk
	FI	1	2	Bedtime	Home, in bed

Use this table to plot your plan for practicing how to be home, stay closer to home, and get back home when you wander off.

<b>Frequency</b>	<b>Mode</b>	<b>Intensity</b>	<b>Duration</b>	<b>When</b>	<b>Where</b>



Got your implementation plan for the week? Great! Remember why you're doing this by regularly reading or watching your *Be THERE Now Declaration*. Now, date and sign on the I COMMIT line.

FOR THE NEXT SEVEN DAYS, I COMMIT to the process of shifting my pain paradigm and taking the daily small steps that relieve my pain and move me from  
HERE to THERE.

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*Date*

*Signature*

One more thing before moving on—and checking those quiz answers. You're making awesome progress! Do you know how few people take the time to be with themselves to the depth and breadth you've just done? Yeah, I don't have an exact statistic for you either. But in my experience, I know you're in pretty rare company. Take a few breaths, let this sink in, and enjoy the moment. Color in your first star!



Self-Check Answers

1. True, 2. c, 3. a, 4. d.