

Acceptance and Commitment Therapy: Mindful Observation Exercise

Client Information

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:

Instructions:

1. Find a quiet and comfortable place to sit or lie down without distractions.
 2. Take a few deep breaths to center yourself and bring your attention to the present moment.
 3. Open your senses and become aware of your surroundings using the prompts below. Take your time with each step.
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Observation Prompts:

1. Look around and notice three objects that catch your eye. Describe them briefly.

Object 1: _____

Object 2: _____

Object 3: _____

2. Listen carefully and identify three sounds you can hear. Describe them in a few words.

Sound 1: _____

Sound 2: _____

Sound 3: _____

3. Shift your attention to physical sensations. Notice three sensations in your body right now.

Sensation 1: _____

Sensation 2: _____

Sensation 3: _____

4. Explore your sense of smell. Pay attention to any scents or odors in the environment. Describe one scent you can detect.

Scent: _____

5. Lastly, bring awareness to your sense of taste. Is there any taste present in your mouth? Describe it.

Taste: _____

Reflection Questions:

1. How did it feel to engage in mindful observation? Did you notice any changes in your state of mind or body?

2. What was your experience like when you focused on each sense individually? Did it deepen your present-moment awareness?

3. Were there any surprises or discoveries during this exercise? Did it make you realize anything about your environment or yourself?

4. How might incorporating mindful observation into your daily life benefit your overall well-being and ability to stay present?

5. How can you integrate the practice of mindful observation in situations when you feel stressed or overwhelmed?

