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**This week’s exercise :**

This week’s practice exercise asks you to set aside two 15 minutes practice periods to do the “Noticing the Autopilot Respond to Suffering” exercise. If you like, you might record some of your reflections on what you noticed in the space below.

**This week’s daily reflection:**

Before you go to bed in the evening or when you first wake up, take a few minutes to complete the “Noticing your autopilot” tracking form. You can also make any comments you might have that relate to that form below or on the sheet itself.

***Noticing Practice*** *You can do or not do this homework and either way works. Just notice if you do or don’t do it. If you choose to do it, do the following: Notice if you are moving toward what’s important or if you are attempting to move away from suffering. You might also notice 5-senses experience and your mental experience, but the main part of the homework is noticing the difference between moving toward values or moving away from unwanted mental experiences.*

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