

Welcoming Worksheet

Welcoming is more than an idea or an intention. It is like a muscle that needs to be exercised. You will find it very helpful to track your welcoming exercises. Take a few minutes each evening to update your chart with the situations you chose to practice welcoming with that day.

Day of Week/ Date	Necessary Feeling I Am Provoking	Length of Time	Sensation Intensity (1-10)	Emotion Level (1-10)	Welcoming (1-10)