

A MINDFULNESS & GROWTH
WORKBOOK

This workbook belongs to:

OPENING THE WINDOW OF *Growth*



You get to choose what you practice.
Every **intentional choice** invites more of
what matters, creates **freedom** from what
no longer serves you, and brings **relief**
right where you are.

SMALL CHOICES. REAL PRACTICE.
GREATER FREEDOM. LASTING CHANGE.



WHAT YOU'LL FIND INSIDE

This 8-week workbook is designed to support you
through treatment and change by helping you
build mindfulness, self-compassion, and clarity
about what matters most.

Each week includes reflections and practices
to help you:



Set intentions and focus on what you
want to grow



Notice your thoughts, feelings, and patterns
with awareness and curiosity



Let go of struggle and make room
for what matters



Take values-based actions that bring
meaning, relief, and lasting change



You don't have to have it all figured out.

Just stay open. Notice. Choose. Grow. ♥

WEEK 1 | OPENING THE WINDOW OF GROWTH

What you practice can help shape what grows.

Treatment can create an opportunity for change. Become intentional about what you want to grow, what you are ready to relate to differently, and what you want to invite into your life.

1. What am I ready to grow during this season of treatment and change?

2. LETTING GO — What old burdens, fears, heavy thoughts, or patterns am I ready to begin relating to differently?

3. OPENING UP — What new possibilities, feelings, or ways of living would I like to invite in?

4. My intention for this week: One small thing I will practice is...

THIS WEEK'S PRACTICE: Exercise of 4-2-6 breathing

Return to your intention once each day. Notice what your mind repeatedly practices daily—in attention, relationships, and behavior.

Choose one small action that feeds what you want to grow – instead of what your mind does on its own.

My takeaway from group today:

WEEK 2 | NOTICE: YOU ARE MORE THAN YOUR THOUGHTS

Observe your experience without being completely defined or directed by it.

Thoughts, emotions, memories, sensations, and urges can enter awareness. Mindfulness begins with noticing them as experiences rather than automatically treating every thought as a command or fact.

1. When I feel stuck, what does my mind tend to say?

2. What feelings, sensations, or urges often show up with these thoughts?

3. Try: “I am having the thought that...” or “I notice that I am feeling...” What changes, if anything?

4. What would I like to notice more fully in the present moment this week?

THIS WEEK'S PRACTICE:

Exercise of Drop Anchor

Once a day, pause and notice five things you can see, hear, feel, or otherwise sense. When a familiar thought appears, try: “I notice my mind is telling me...” The goal is not to get rid of the thought, but to notice it.

My takeaway from group today:

WEEK 3 | LETTING GO WITHOUT FIGHTING

Make room for experience when struggle is keeping you stuck.

Letting go does not require erasing the past or approving of painful experiences. It can mean reducing struggle with thoughts and feelings so you have more freedom to choose what you do next.

1. What thought, feeling, memory, sensation, or urge do I spend a lot of energy fighting or avoiding?

2. How does that struggle affect my life or keep me from doing what matters?

3. If I made a little more room for this experience, what meaningful action might become possible?

4. What would kindness toward myself look like when this experience shows up?

THIS WEEK'S PRACTICE:

Exercise: Holding Clipboard, Meditation of OBSERVE • BREATHE • EXPAND • ALLOW

Notice the experience. Slow your breathing. Imagine making room around it. Allow it to be present without needing to solve it immediately. Then ask: "What action would be helpful now?"

My takeaway from group today:

WEEK 4 | UNDERSTANDING THE PARTS THAT PROTECT US

Replace automatic self-criticism with curiosity about protective patterns.

An IFS-informed perspective recognizes that different parts of us may react in different ways. Protective patterns often developed for understandable reasons. Group work focuses on curiosity—not processing private trauma histories.

1. What protective reaction or pattern shows up when I feel threatened, hurt, rejected, overwhelmed, or uncertain?

2. What might this part be trying to protect me from or help me avoid?

3. What does this protective part seem to be afraid of?

4. If I approached this part with calmness, curiosity, and compassion, what might I say?

THIS WEEK'S PRACTICE

Exercise of Subject vs Object Meditation – Thoughts, feelings, sensations located where? Form or Shape? Moving or still? There you are! Subject observer vs Objects of Consciousness

When a strong reaction appears, pause before judging it. Try: “A part of me is feeling or wanting ____.” Ask with curiosity: “What are you trying to do for me?” You choose how much personal information you share in group.

My takeaway from group today:

WEEK 5 | GETTING CLEAR ABOUT WHAT MATTERS

Values provide direction even when thoughts and feelings are difficult.

Values are qualities of ongoing action—how you want to live and behave—not simply goals to complete. Consider relationships, work/education, personal growth/health, and leisure.

1. What really matters to me, deep in my heart?

2. What kind of person do I want to be when life is difficult?

3. My 3–5 priority values are:

4. One action I can take this week that expresses one of these values is:

THIS WEEK'S PRACTICE

Exercise of clipboard and deleting memories, forcing or numbing emotion & self-peptalk.

Choose one small, observable action connected to a value. Ask: “What kind of person do I want to practice being in this moment?”

My takeaway from group today:

WEEK 6 | NOTICE THE OLD PATTERN. FEED THE NEW DIRECTION.

You do not have to eliminate an old pattern before practicing a new one.

Old loops may include rumination, isolation, self-criticism, avoidance, or returning to triggers. Notice these patterns with greater flexibility while strengthening behaviors that support the life you want.

1. One old pattern I want to become better at noticing is:

2. What tends to trigger or strengthen this pattern?

3. One new direction or behavior I want to feed is:

4. What could make this new behavior easier to repeat?

THIS WEEK'S PRACTICE

Exercise using of DEFUSION OPTIONS

Try: “Thanks, mind.” • “That’s an interesting thought.” • “I notice I am having the thought...” • Take six slow breaths • Meditative walking or yoga (exteroceptive focus). Then choose the next useful action.

My takeaway from group today:

WEEK 7 | YOUR ENVIRONMENT SHAPES RECOVERY

Small changes in daily life can support physical and mental health.

Your individualized Treatment Roadmap may include lifestyle, medical, laboratory, or other recommendations. Choose one realistic area rather than trying to change everything at once.

1. Circle or write one priority: Sleep • Movement • Nutrition • Connection • Substance-related risk • Daily routine/stress

2. What is already going well in this area?

3. What is one small, realistic change I am willing to practice?

4. What barrier is most likely to get in the way, and how can I respond flexibly?

THIS WEEK'S PRACTICE

Exercise of Meditation - LEAVES ON THE STREAM

Practice one selected lifestyle behavior. Keep the change small enough to repeat. Notice relationships among your environment, routines, body, mood, attention, and behavior without judging imperfect follow-through.

My takeaway from group today:

WEEK 8 | INTEGRATION: TURNING INSIGHT INTO LIFE

Choose what you want to carry forward.

Integration means turning what you have noticed and learned into actions that can continue beyond a treatment session or group meeting.

1. My “Aha!” moments: What have I learned about myself, my patterns, or what helps me change?

2. What am I thinking, feeling, responding to, or doing differently?

3. What is my next flexible step?

4. During the next 30 days, I want to continue practicing:

5. When I get stuck again, I want to remember:

MY PATH FORWARD

Exercise of Meditation: [Wheel of Awareness](#)

Move with kindness and ease. Notice what is happening. Open to what you cannot immediately control. Choose what matters. Practice one useful step. Keep growing.

My next step: ☐ Continue with Growth Group ☐ More skills training
using ACT ☐ Individual therapy ☐ Continue IN ketamine with IFS therapy ☐ Other: _____

My takeaway from group today:
