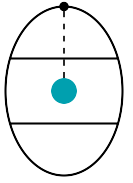


AWARENESS & EMOTIONS



Three-Minute Observer

About 3 minutes, with optional time to write

This workbook offers a gentle introduction to the practice for you to explore on your own; deeper work is best undertaken with the support of a professional counsellor.

A little space to notice

This practice invites you to notice what is happening in and around you. For a few moments, give yourself time to recognise your experience before deciding what to do next.

You do not need to empty your mind or become calm. The observer is simply your capacity to notice a thought, a feeling or a sensation while remaining in contact with the world around you.

1. Arrive where you are

Sit or stand somewhere you can pause comfortably. Keep your eyes open, or lower your gaze if you prefer. Notice a few things around you: a colour, a sound, the contact of your feet with the floor. Let your breathing find its own pace.

2. Notice your experience

Take a little time with each question: What thoughts are here? What am I feeling? What do I notice in my body?

You can name something briefly: "Thinking about later." "A little restless." "Pressure in my shoulders." If nothing is clear, leave the question open. There is no need to search for an answer.

3. Make room for what you notice

Try putting the words "I notice..." before one thing you have found. "I notice I am worried about tomorrow." See how that wording sits with you. You can acknowledge a feeling without having to explain or change it.

When your attention wanders, notice that too, then return to something simple: the room, a sound or the support beneath you.

4. Return to your day

Look around and take in where you are. Move a little if you wish. Ask: "What needs my attention next?" You might continue with what you were doing, take a short break or choose a small next step.

Three minutes is a guide, not a target. If looking inward feels unsettling, return your attention to your surroundings or stop. You can use only the first step today.

THREE-MINUTE OBSERVER

A few words afterwards

Keep it brief

Writing is optional. A word or a sentence may be enough. These notes are for noticing your experience, rather than judging how well you practised.

What caught my attention?

What was it like to put "I notice..." before my experience?

What needs my attention now?

If you found yourself trying to get the practice right, that can be something to notice too. You can leave the page unfinished.

THREE-MINUTE OBSERVER

Returning to the practice

Over four weeks

If this practice is part of your Development Map plan, follow the pace agreed there. The suggestions below are ways to return to this same exercise. You can shorten a practice or leave a day aside.

Week 1 | Get familiar

Try the practice on a few ordinary occasions. Begin with the room around you, then notice whatever is clear. See whether a brief pause is workable in your day.

Week 2 | Notice what varies

Return at different moments. What changes with the situation? Something may recur, or each attempt may feel different. You do not need to find a pattern.

Week 3 | Make one conscious choice

After a pause, choose one small response to what you have noticed. You might adjust a task, ask for a moment to think, or carry on. Notice what informed your choice.

Week 4 | Review what fits

Look back at your experience. Was the practice useful? Did any part feel effortful or unhelpful? Decide whether to continue, shorten it or leave it for now.

What would I like to keep, change or leave aside?

This practice supports self-reflection. It is not a treatment or a substitute for professional support.

Work with me

If this workbook has opened up something you would like to explore further, you are welcome to get in touch. I offer psychotherapy and counselling in Dalston, East London, and online. We can use an initial session to consider what brings you to therapy and whether working together feels right for you.

[BOOK AN INITIAL SESSION](#)[CONTACT ME](#)