

DAY TWO FIELD GUIDE

THE SPACE



GUIDING QUESTION

Where is the pause?

TODAY'S INTENTION

Today, I will look for the space between what happens and how I respond.

BEFORE YOU BEGIN

Yesterday was about noticing your reactions. Today is about noticing the space around them. The pause may be very small at first. It might be one breath, one thought, or one moment of hesitation. You do not need to create a perfect response. Your work today is simply to recognize that a space exists.

MORNING REFLECTION

1. What usually happens right before I react?

2. How does my body let me know that a reaction is building?

- | | |
|--|---|
| ☐ My heart rate increases | ☐ My breathing changes |
| ☐ My body becomes tense | ☐ My face feels warm |
| ☐ My thoughts begin racing | ☐ I feel the urge to speak immediately |
| ☐ I feel the urge to withdraw | ☐ Other: _____ |

3. What could help me create one small moment of space?

- | | |
|--|--|
| ☐ Take one breath | ☐ Count slowly |
| ☐ Stay quiet for a moment | ☐ Step away briefly |
| ☐ Wait before sending a message | ☐ Ask for time to think |
| ☐ Other: _____ | |

TODAY'S MISSION

When you notice a reaction building, look for one small moment of space. You do not have to respond perfectly. You do not have to feel calm. Simply try to recognize the moment before you act.

SPACE LOG

MOMENT 1 What happened? What did I notice in my body or thoughts? 	Was there a moment of space? ☐ Yes ☐ Not yet ☐ I noticed afterward What did I do next?
MOMENT 2 What happened? What did I notice in my body or thoughts? 	Was there a moment of space? ☐ Yes ☐ Not yet ☐ I noticed afterward What did I do next?
MOMENT 3 What happened? What did I notice in my body or thoughts? 	Was there a moment of space? ☐ Yes ☐ Not yet ☐ I noticed afterward What did I do next?

EVENING REFLECTION

When did I notice a space between the event and my response?

What helped me recognize that space?

What made it difficult to pause?

What did I learn about myself today?

Your work today is simply to recognize that a space exists.