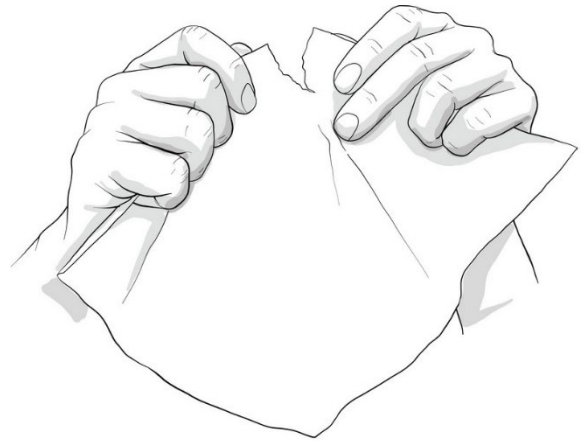


MINDFULNESS PRACTICE #10

Title: Tear the Animal

Skills: Participate
Non-judgmentally
Letting go of attachment (acceptance)
Letting go of perfectionism (acceptance)
Effectiveness (not peaking)

From: A client at Devereux Massachusetts/Rhode Island



1. Each participant is given a piece of blank paper
2. Either close eyes or look up at the ceiling so that they are not looking at the paper
3. When the bell is rung, use hands to tear the shape of an animal. Do not look at the animal.
4. If participants finish before the practice ends (bell is rung at 3-4 minutes), they should feel their animal with their hands and make any changes. If time remains, practice breathing mindfulness. The idea is that they spend the entire 3 minutes tearing their animal.
5. Everyone holds up their animal for the group to see.