



WiseOwl

Description

WiseOwl is a neutral perspective you practice to observe thoughts, feelings, people and events by seeing, listening, noticing and imagining.

SEE 3 things nearby, name each thing and it's colour.

One _____

Two _____

Three _____

HEAR 3 sounds, name each thing and it's sound.

One _____

Two _____

Three _____

NOTICE 3 body sensations, name each and what it's like.

One _____

Two _____

Three _____

SEE up to 3 others nearby, name them and what they're doing (if you are alone write N/A).

One _____

Two _____

Three _____

IMAGINE YOU OBSERVE YOURSELF. Write what you observe yourself seeing.

Write what you observe yourself hearing.

Write what you observe yourself sensing.

Write what you observe yourself thinking.

NOTICE HOW NEUTRAL YOU CAN BE.

How much did you separate yourself from your feelings?

Little Some A lot

How much did you separate yourself from your thought?

Little Some A lot

How much did you separate yourself from your seeing?

Little Some A lot

How much did you separate yourself from your hearing?

Little Some A lot

How much did you separate yourself from your experiences?

Little Some A lot

