



PRESENCE-BASED®
COACHING

Excerpted from *The Mindful Coach*
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Exercise 2.1: Self-Observation of a Habit

Choose some particular interpersonal habit of yours that you are aware of and wish to change. At this stage, choose one that's not too strong and doesn't create major problems for you – say, interrupting people in conversation, saying “um” frequently, or talking about yourself without asking questions of others.

Now, for two weeks, twice a day (say, at lunchtime and again at the end of the day), jot down notes about when you used that habit in the past several hours. No need for extensive notes. Simply write down what happened; what you felt in the realms of sensation, emotion and thought; and what triggered the habit. You're not trying to change anything but simply to become more aware of what's going on inside you in relation to that habit.

This will be a brief experience in the very essence of change: the ability to choose, moment by moment, what you will experience and the actions you will take.

As you do it consistently over the course of the two weeks, you'll notice that through the practice of writing notes after the fact, you will increasingly become aware of the habit in the moment. You will come to find that over time, this leads to much greater self-awareness and the ability to observe your habits as they arise, and therefore to make choices about whether to follow the habit or do something different.