AWARENESS & EMOTIONS

Daily Observer Review

About 5 minutes at a time that suits you

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.

Look back with interest

A day can leave a strong impression without much sense of what actually happened. This practice invites you to look back at a few ordinary moments and notice your experience more clearly.

You are gathering observations. There is no need to score the day, find a lesson in everything or decide how well you have done.

1. Choose a short stretch of time

Set aside a few minutes when it feels workable. You might consider today, the afternoon or another recent period. The review does not have to happen before bed, especially if reflection makes it harder to settle.

2. Recall up to three moments

Choose a few ordinary moments that come readily to mind. What were you doing? Where were you, and who else was there? Begin with what you remember rather than trying to reconstruct every detail.

You can include a moment of ease or satisfaction as well as a difficulty. If only one moment comes to mind, work with that.

3. Notice your experience

For each moment, what do you remember thinking, feeling or choosing? Distinguish what you recall from what you are guessing now. It is fine to record only the event if that feels more useful.

4. Consider what stands out

Did anything surprise you? Perhaps a particular situation helped you feel engaged, or a practical demand took more energy than you expected. There may be a connection between moments, or they may be quite different.

5. Bring the review to a close

Write one brief observation you would like to remember. If a small adjustment seems useful, note it without turning the page into a list of improvements. Look around you, move a little if you wish, and return to your day.

If reviewing becomes repetitive, self-critical or upsetting, stop. You can record one simple event without interpreting it, choose a different time or leave the practice aside.

DAILY OBSERVER REVIEW

A short record

Up to three ordinary moments I remember:

What I noticed in those moments, or what made a difference:

One observation I would like to remember:

Keep observation separate from judgement

"I spent longer on the task than I expected" describes an event. "I wasted the whole day" is a much broader conclusion. You can return to what you know: what you did, what it took and what else was happening.

> You do not need to replay painful events or recover missing details. This is a brief review of everyday experience.

DAILY OBSERVER REVIEW

Returning to the practice

Over four weeks

Follow the pace in your Development Map plan if this practice has been recommended. Despite its name, the review need not happen every day. Choose a rhythm that remains useful.

Week 1 | Keep the record simple

Try one or two brief reviews. Recall a few moments and describe what happened. See whether the time and amount of writing suit you.

Week 2 | Notice the conditions

What seems to affect your experience: time, place, company, demands or something else? Check possible connections against the moments you actually remember.

Week 3 | Try a small adjustment

If the reviews suggest something practical, choose one modest adjustment. You might allow more time, keep a useful pause or ask for clarification. Later, notice what happened without grading the result.

Week 4 | Review the review

Has looking back helped you understand your days? Keep the questions that are useful. Shorten, change or stop the practice if it has become a demand.

What helps me look back with interest and then move on?

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