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**Course webpage:**

www.portlandpsychotherapyclinic.com/counseling/act-life-course-homepage

**This week’s exercise :**

**Read Chapter 1 of the Happiness Trap:** You can find the reading on the course webpage under class 1. If you like, you might record some of your reflections on what you noticed in the space below.

**This week’s daily reflection:**

On the course homepage is an exercise you can do on a daily basis to increase your ability to be aware of your five-senses and mental experience. It's a 12 minute mp3 that leads you through a briefly awareness exercise. Noticing is like a muscle that you can develop and doing daily exercises like this is one way to develop it.

***Noticing Practice*** *You can do or not do this homework and either way works. Just notice if you do or don’t do it. If you choose to do it, do the following:* Whenever you get a chance, take a moment to notice your 5 senses experience and your mental experience. You might also accidentally notice moving toward values and attempting to move away from suffering.

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