

The First Noticing

Most of the day our moods change without our noticing. We find ourselves irritated, anxious or low and carry the feeling around without knowing where it came from. Awakening begins when you start to notice: when you become the one who watches the mind, not only the one pulled along by it.

The First Noticing is a simple tool for this. The moment you feel your mood shift, you pause and ask what happened in the last ten seconds. The cause is usually something small and fleeting: a passing thought, a tone of voice, a sensation in the body. If you wait an hour, the trail goes cold. Caught in the moment, it becomes clear.

The four moves

1. Notice

"Something just changed inside me."

2. Pause

Take one slow breath.
Stop what you are doing.

3. Ask

"What happened in the last 10 seconds?"

4. Name

Put the trigger into a few words.

Where triggers usually hide

- **A thought:** a worry about money, a memory, a judgement about yourself.
- **Words or tone:** often not what someone said, but how they said it.
- **The body:** hunger, tiredness, tightness in the chest or jaw.
- **Surroundings:** a notification, a sound, a place, a face.

Remember: you are not trying to fix or remove the feeling. You are only learning to see it clearly. There is the feeling, and there is you, the one who sees it. Everything else on this journey grows from that seeing.

Your practice this week

- Listen to the Step 1 guided audio once a day.
- Catch at least one mood shift each day using the four moves.
- Log it on the next page the same day, while it is fresh.
- At the end of the week, answer the reflection questions.

STEP 1 WORKSHEET

My First Noticing log

Each day, record one moment when your mood shifted.

Day	What I was doing	The feeling (and how strong, 1–10)	What happened in the 10 seconds before	How it felt to name it
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Example: Day 1 · Checking messages at lunch · Irritation, 6 · My friend's short reply felt cold · The irritation dropped to 3 once I saw it was about the tone, not the words.

STEP 1 WORKSHEET

End-of-week reflection

1. Which triggers came up most often: thoughts, words and tone, the body, or surroundings?

2. Did you notice any pattern in the time of day, the people or the places involved?

3. What changed in the feeling when you named the trigger?

4. Was there a moment when you watched a feeling instead of being carried by it? Describe it.

5. One sentence on what you are taking into Step 2

Next: Step 2 · Self-inquiry · Seeing the Story. Here you will learn why the same event can make one person anxious and leave another calm.