Exercise: What I have done all day

Aspect we are attending to	Threat focus	My thoughts	How I feel	Compassion focus (Switch systems – 'Body like a mountain, breath like the wind, mind like the sky', warm kind face and voice)	My thoughts	How I feel
My baby	Times I was slow to respond to my baby. Times they cried.	I am really no good at this.	Down, ashamed, defeated.	The times I watch to check they are OK. The times I respond quickly. Sitting holding my baby Sitting feeding my baby. Taking my baby out. Talking to my baby.	I really am focused on my baby such a lot; much more than I realised. I spend such a lot of my day holding them in mind, looking after them, trying to help them have a good day.	Warm inside, happy, calm, pleased, motivated.
Your examples:						

The house	The washing that needs doing. The mess that needs clearing up. The baby things that are cluttering the house. The things that need fixing.	It is all a total mess and chaos. I cannot keep on top of all of this. No-one can come round otherwise they will see that I am just not coping.	Down, a failure, ashamed, anxious, a bit angry, sad for my old life which I felt I was relatively good at.	All the evidence that there is now a precious baby in our lives. The tininess of the clothes. The room we got ready for our baby. All the things that we have bought or made for our baby. All the things other people have bought or made for our baby.	It is quite incredible that there is a whole person living in our house who didn't exist before — what a joy and a wonder. We have really put a lot into making a space for this baby that will make them comfortable and happy. Other people have welcomed them into this life too.	Joy, wonder, warmth, happiness, safe, connected to others.
Your examples:						

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	My partner			
	Other			
	people			
	Myself			
	Wysen			

The future			
Anything else:			