

## Assessment

## Reflective questions (Steps 4 and 5)

| 1. What were you most aware of <i>before</i> practising inside-outside-presence? |   |   |   |   |   |                  |
|--|---|---|---|---|---|------------------|
| Inside presence  | 0 | 0 | 0 | 0 | Ο | outside presence |
|  |   |   |   |   |   |                  |
| 2. What were you most aware of <i>during</i> practising inside-outside-presence? |   |   |   |   |   |                  |
| Inside presence  | 0 | 0 | Ο | 0 | 0 | outside presence |
|  |   |   |   |   |   |                  |
|  |   |   |   |   |   |                  |
| 3. What were you most aware of <i>after</i> practising inside-outside-presence?  |   |   |   |   |   |                  |
| Inside presence  | 0 | 0 | 0 | 0 | 0 | outside presence |