

## 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