

THE EVERYDAY LENS™

Start with Week 1 of The Everyday Lens™ “Noticing Everyday Moments”

Photography is the medium. CBT is the map.

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HOW TO USE THIS GUIDE

This is an introduction to The Everyday Lens™.

Week 1 focuses on **noticing everyday moments** and becoming more aware of your thoughts, emotions, and reactions.

You can use this guide in a few simple steps:

1. **Take a moment each day**

Notice one small moment in your daily life. You can take a photo of it – or imagine it in your mind.

2. **Write a few lines**

Use the reflection questions to explore what this moment shows you about your thoughts, emotions, body, or behaviour.

3. **Return at the end of the week**

Look back at your notes and see what you've learned or what you're beginning to notice more clearly.

You don't have to be consistent every day.

This is an invitation, not a test.

What you need:

- your phone or any simple camera (optional)
- this guide (printed or digital)
- about 20 minutes, regularly, on most days

You are free to adapt the prompts so they fit your life, your energy, and your context.



WORKING WITH IMAGES

Photography is a central part of The Everyday Lens™.

You are invited to work with photographs you take yourself **or** selected images provided as part of the program.

Both options support reflection, meaning-making, and emotional awareness.

At times, using a provided image can make the process more accessible or help create a sense of emotional distance, especially when working with difficult or abstract experiences.

What matters is not who took the photo, but **what the image evokes and how you reflect on it.**





SAFETY & ETHICAL CLARITY

Before you begin – important notes:

The Everyday Lens™ is:

- a CBT-informed wellbeing practice
- **focused on awareness, reflection, and gentle everyday change**
- **designed to be flexible and self-paced**

The Everyday Lens™ is not:

- psychotherapy
- diagnosis or treatment
- a substitute for professional mental health care

If you are currently experiencing severe distress, feel unsafe, or are under clinical care, this guide is not a replacement for support from a qualified professional.

You may still utilise it as a gentle reflective tool, but it's essential to respect your limits and seek additional help if necessary.

Photography is always optional when engaging with the guide.

You can:

- take photos every day,
- take photos only sometimes,
- used photos provided as part of the program.

Choose what feels safe, accessible, and kind to you.

WEEK 1 THEME:

NOTICING EVERYDAY MOMENTS

This week, the focus is on **paying attention** to small, ordinary situations that you might normally overlook.

Each day, choose one prompt.

You can follow them in order or choose intuitively.

THE PRACTICE

Day 1 – A moment of pause

Notice a moment when you naturally pause (sitting, waiting, looking out of the window).

Write: *What is happening in this scene? What is happening inside you?*

Day 2 – Something you repeat every day

Notice a routine (coffee, commute, brushing teeth).

Write: *What thoughts usually accompany this moment? What emotions or body sensations appear?*

Day 3 – A small discomfort

Notice a moment that feels slightly uncomfortable (tension, irritation, unease).

Write: *What triggered it? What did you tell yourself in that moment?*

Day 4 – A small comfort

Notice something that brings you a sense of ease (light, texture, object, movement).

Write: *What makes it comforting? Where do you feel it in your body?*

Optional: taking one photo a day of these moments can support your reflection practice.

THE PRACTICE

Day 5 – A place you pass by

Choose a place you often ignore (stairs, corridor, corner, pavement).

Write: What do you notice when you really look at it? How does your mood influence what you see?

Day 6 – A moment with another person (or absence)

Notice a brief interaction – or the lack of it (message, call, silence).

Write: What did you expect? What did you think it meant? How did you react?

Day 7 – Looking back

Revisit your photos or notes from the week.

Write: What patterns do you notice in your thoughts, emotions, or reactions?

Optional: take a photo- a day of these moments, it will help with reflection practice.

You do not have to complete all seven prompts.
Use them as gentle invitations.

DAILY REFLECTION TEMPLATE

Daily reflection – you can reuse this page each day

You can copy these questions into your journal or answer them directly in this guide.

The moment

- *What did you notice today? (brief description of the scene or situation)*

Outside

- *What can be seen in the image or moment? (shapes, colours, light, people, objects)*

Inside

- *What thoughts appeared?*
- *What emotions did you notice?*
- *What did you feel in your body?*

Meaning

- *What might this moment be saying about what matters to you, what you fear, or what you need?*

Choice

- *If you met a similar moment again, is there something you would like to keep, change, or try differently?*

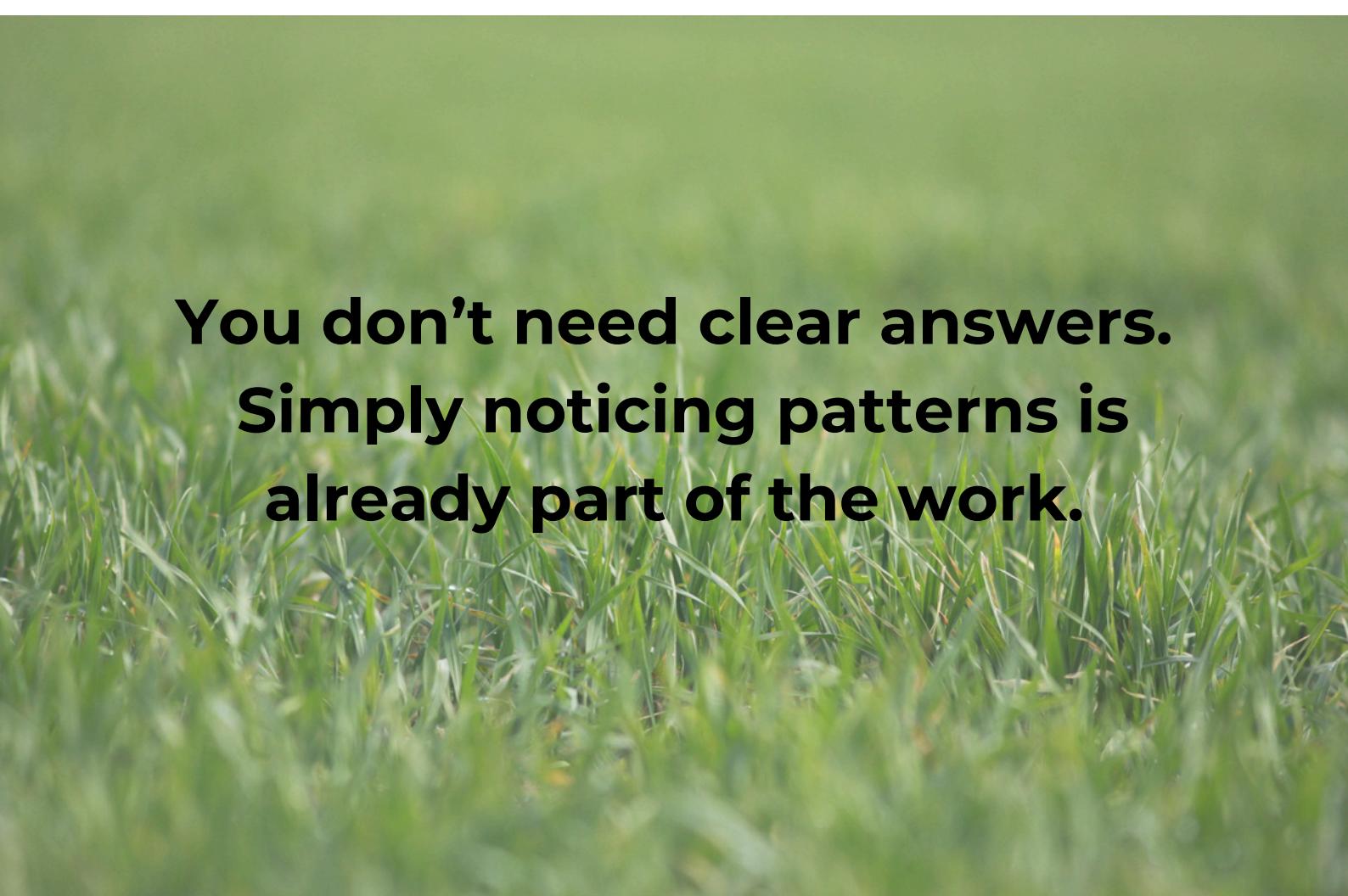
**You don't have to answer every question every day.
Choose the ones that feel most relevant.**

END OF WEEK 1 REFLECTION– LOOKING BACK

At the end of the week, take a few minutes to look back over your photos and notes.

You can use these questions:

- *What did I notice most often this week?*
- *Were there any repeating thoughts or emotional themes?*
- *Did anything surprise me about what I pay attention to?*
- *What small moments felt supportive or calming?*
- *Is there one gentle change I would like to experiment with next week?*



**You don't need clear answers.
Simply noticing patterns is
already part of the work.**



CLOSING

Before you finish:

- Take one slow breath
- Acknowledge the time you gave yourself
- Notice how you feel now compared to before

Even small moments of awareness matter.

WHAT COMES NEXT IN THE EVERYDAY LENS™?

This guide introduces the first step of The Everyday Lens™: noticing.

In the full 6-week program, this work continues and deepens.

Each week focuses on a different aspect of everyday experience:

- **Week 1 – Awareness**

Noticing moments, reactions, and patterns.

- **Week 2 – Emotions**

Understanding emotional responses and learning gentle regulation.

- **Week 3 – Thoughts**

Exploring thinking patterns and gaining cognitive flexibility.

- **Week 4 – Perspective**

Creating distance, reframing, and seeing situations differently.

- **Week 5 – Values**

Clarifying what matters to you and what guides your choices.

- **Week 6 – Action**

Small, realistic steps aligned with your values and everyday life.

The Everyday Lens™ is designed as a **process**, not a collection of exercises. Each week builds on the previous one.

If Week 1 felt supportive, the full program offers structure, continuity, and depth. You can continue using these questions on your own, or choose to join the full The Everyday Lens™ program for a structured 6-week process.

Learn more about the full program:

www.dagmaraminkiewicz.com

NOTES

Date



This free guide is an introduction to **The Everyday Lens™**- a CBT-informed wellbeing practice that uses everyday photography as a tool for reflection and awareness.

It is designed to support self-understanding, emotional regulation, and small, meaningful changes in daily life.

This guide is not psychotherapy and does not replace professional mental health care.

This guide is intended for educational and wellbeing purposes only.

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