**Mindfulness Self-Compassion Self-Directed 8-Session Program Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session 1 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 1:**Practicing Self-Compassion with Chris Germer & Kristin Neff at: <https://www.youtube.com/watch?v=sCccKLjwCwk>

**MSC Reading and Exercises:**

**Directions:**During Session 1 read the following chapter and do the exercises in each chapter and then on your Session 1 Progress Log post your response and reactions to what you read and you experienced in these exercises. Chapter 1: What is Self-Compassion? p. 9 -18 Chapter 2: What Self-Compassion is Not p. 19 – 24 Chapter 3: The Benefits of Self-Compassion p. 25 – 30 Chapter 4: The Physiology of Self-Criticism and Self-Compassion p. 31 – 37 Chapter 5: The Yin and Yang of Self-Compassion p. 38 - 43

**Meditations:** *Self-Compassion Break* on Session 1 video  or *Self-Compassion Break* Audio Meditation with Chris Germer at:<https://www.youtube.com/watch?v=T_80y_CT32c> *Self-Compassion*Audio Meditation with Chris Germer at: <https://www.youtube.com/watch?v=3EfTOL6Regw>

**What I learned about myself from the exercises in these chapters**

**What surprised me in these chapters**

**What my take a ways were from the exercises in these chapters**

**How I will apply Mindful Self-Compassion in my life after completing these exercises**