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

**Session 2 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 2:**Practicing Self-Compassion with Chris Germer at:  <https://www.youtube.com/watch?v=LJLUCo-XjuU>

**Reading and Exercises:**

**Directions:**During Week 2  read the following chapter and do the exercises in each chapter and then on your Session 2 Progress Log post your response and reactions to what you read and you experienced in these exercises. Chapter 6: Mindfulness p. 44 – 49

Chapter 7: Letting Go of Resistance p. 50 – 56 Chapter 8: Backdraft p. 57-63

**Meditations:***Affectionate Breathing Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=3EfTOL6Regw*](https://www.youtube.com/watch?v=3EfTOL6Regw)

*Labeling Emotions Audio Meditation with Chris Germer  at:*[*https://www.youtube.com/watch?v=TLe6FljJll4&list=RDQG-CsHbkkzE&index=15*](https://www.youtube.com/watch?v=TLe6FljJll4&list=RDQG-CsHbkkzE&index=15)

**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**