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

**Session 3 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 3:**Practicing Loving-Kindness with Chris Germer at:  <https://www.youtube.com/watch?v=1FGcYG3_BbA&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=4&t=0s>

**Reading and Exercises:**

**Directions:**During Session 3 read the following chapter and do the exercises in each chapter and then on your Session 3 Progress Log post your response and reactions to what you read and you experienced in these exercises. Chapter 9: Developing Loving-Kindness p. 64 – 68

Chapter 10: Loving Kindness for Ourselves p. 69 – 76

**Meditations:***Discovering Loving-Kindness Phrases Informal Exericse in Chapter 10 on video at:*[*https://www.youtube.com/watch?v=xJE5w55PDdc&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=4*](https://www.youtube.com/watch?v=xJE5w55PDdc&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=4)

*Loving-Kindness for Ourselves  Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=mILRWPdQPKs*](https://www.youtube.com/watch?v=mILRWPdQPKs) *Loving Kindness for Beginners With Chris Germer at:*[*https://www.youtube.com/watch?v=QG-CsHbkkzE*](https://www.youtube.com/watch?v=QG-CsHbkkzE)

**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**