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

**Session 8 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 8**: Embracing Your Life with Chris Germer at: <https://www.youtube.com/watch?v=HyId4BGNxrQ&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=9>

**Directions:** During Session 8 read the following chapter and do the exercises in each chapter and then in your Session 8 Progress log put your response and reactions to what you read and you experienced in these exercises.

Chapter 22: Embracing the Good p. 160 – 165 Chapter 23: Self-Appreciation p. 166 -172 Chapter 24: Taking It Forward p. 173 - 176

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

*Compassionate Walking Audio Meditation with Chris Germer at:*

[*https://www.youtube.com/watch?v=vhX8Yl8UFew&list=RDR5uGzt6LD4I&index=15*](https://www.youtube.com/watch?v=vhX8Yl8UFew&list=RDR5uGzt6LD4I&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**