Let’s Not Be a “Missing Piece” as we Pursue MBSR

1. What can you learn from the “Missing Piece” as you enter this MBSR Training?

2. Have you ever been like the “Missing Piece” looking and looking for the “Answer” and never finding it? What could you have done differently than that frantic search you engaged in?

3. Is this MBSR program just another alternative you are in a frantic search for? What can you do to make this MBSR program assist you to become all that you are capable of and not just another failed effort?

4. Is always being in search of the “right answer” for what ails you the way to go or is there an alternative which will help you overcome what ails you?

5. What do you think it will take to be a successful participant in this MBSR Program and how willing are you committed to do what it takes to get the most out of this program?

6. You see by reviewing the outline of this program that it requires a firm commitment on your part to do all that it takes to benefit from this program. So…

 Are you willing to make such a commitment?

What can you do to insure you gain as much as you can so that you can enjoy your life to the fullest?

Do you believe you will be happy and content and not befuddled and confused by the end of this training?

What do you actually hope to gain by completing the program fully?