**FORMAL PRACTICE:** Before next week practice the **Body Scan** on JKZ Series 1 at least six times this week. Don’t expect to feel anything in particular from this practice. In fact, give up all expectations about it. Just let your experience be your experience. Record on this form each time you do the Body Scan. In the comment field, put just a few words to remind you of your impressions of that particular body scan: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. Please email your completed Practice Log by Tuesday of next week to: copingtrainingprogram@coping.us

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| **Date** | **Formal Practice Comments Body Scan** |
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**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**

**Please email your completed Session 1 Practice Log by Tuesday of the next week to:** copingtrainingprogram@coping.us