**FORMAL PRACTICE:** Read the description of the Sitting Meditation. Practice the **Sitting Meditation** on JKZ Series 1 at least six times this week. As before, don’texpect anything in particular from the practice. In fact, give up all expectations about it. Just let your experience be your experience. Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions of that particular session: what came up, how it felt, etc.

Please email your completed Practice Log by Tuesday of next week to: [copingtrainingprogram@coping.us](mailto:copingtrainingprogram@coping.us)

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| **Date** | **Formal Practice Comments Sitting Meditation** |
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**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**

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