**Practice Logs– Week 5 Difficult Emotions or Physical Pain**

**FORMAL PRACTICE:** Practice at least six times this week, alternating meditations from JKZ Series 1, 2 & 3. As before, don’t expect anything in particular from these practices. Just let your experience be your experience.

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 JKZ Series 1, 2 or 3 Meditation** |
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**Mindfulness Self-Compassion Self-Directed 8-Session Program Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session 5 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 5:** Living Deeply with Chris Germer at: <https://www.youtube.com/watch?v=dinWy97zJks&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=6>

**Directions:** During Session 5  read the following chapter and do the exercises in each chapter and then on your Session 5 Progress Log post your response and reactions to what you read and you experienced in these exercises.

Chapter 14: Living Deeply p. 100 – 109 Chapter 15: Being There for Others without Losing Ourselves p. 110 - 114

**Meditations:***Giving and Receiving Compassion Audio Meditation with Chris Germer at*[*https://www.youtube.com/watch?v=R5uGzt6LD4I*](https://www.youtube.com/watch?v=R5uGzt6LD4I)

*Compassionate Friend Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=4\_4YxrMjagk*](https://www.youtube.com/watch?v=4_4YxrMjagk)

**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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