**Practice Logs – Week 6**

**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. Just let your experience be your experience.

Please email your completed Practice Log by Tuesday of next week to: 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 6 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 6:**Difficult Emotions with Chris Germer at: <https://www.youtube.com/watch?v=_Yjfa3juVmQ&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=7>

**Directions:**During Session 6  read the following chapter and do the exercises in each chapter and then on your Session 6 Progress Log post your response and reactions to what you read and you experienced in these exercises. Chapter 16: Meeting Difficult Emotions p. 115 – 119

Chapter 17: Self-Compassion and Shame p. 120 – 129

**Meditation:***Soften Soothe Allow Audio Meditation with Chris Germer at*

[*https://www.youtube.com/watch?v=hmQi3VQCdCQ&list=RDR5uGzt6LD4I&index=7*](https://www.youtube.com/watch?v=hmQi3VQCdCQ&list=RDR5uGzt6LD4I&index=7)

*Working with Difficult Emotions Audio Meditation with Chris Germer at*[*https://www.youtube.com/watch?v=cD1sW115w5w*](https://www.youtube.com/watch?v=cD1sW115w5w)

*Mindfulness of Emotions in the Body Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=oIDm915KF1s*](https://www.youtube.com/watch?v=oIDm915KF1s)

**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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