**Practice Logs – Week 7**

**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](mailto:copingtrainingprogram@coping.us)

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| **Date** | **Formal Practice Comments (Body Scan, Yoga, Sitting Meditation, Mountain or Lake or Others)** |
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**Mindfulness Self-Compassion Self-Directed 8-Session Program Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session 7 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 7:**Exploring Difficult Relationships with Chris Germer at: <https://www.youtube.com/watch?v=ZcHgJbOgjfE&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9LGM&index=8>

**Directions:**During Session 7 read the following chapter and do the exercises in each chapter and then on your Session 7 Progress Log post your response and reactions to what you read and you experienced in these exercises. Chapter 18: Self-Compassion in Relationships p. 130 – 137 Chapter 19: Self-Compassion for Caregivers p. 138 – 143 Chapter 20: Self-Compassion for Anger in Relationships p. 144 - 152 *Chapter 21: Self-Compassion and Forgiveness p. 153 - 159*

**Meditations:***Compassion with Equanimity Audio Meditation with Chris Germer at*[*https://www.youtube.com/watch?v=Ba-\_LDJviz0&list=RDR5uGzt6LD4I&index=9*](https://www.youtube.com/watch?v=Ba-_LDJviz0&list=RDR5uGzt6LD4I&index=9) *Giving and Receiving Compassion Audio Meditation with Chris Germer at*[*https://www.youtube.com/watch?v=R5uGzt6LD4I*](https://www.youtube.com/watch?v=R5uGzt6LD4I) *Forgiveness of Others Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=DKNnFXLxxNU&list=RDQG-CsHbkkzE&index=23*](https://www.youtube.com/watch?v=DKNnFXLxxNU&list=RDQG-CsHbkkzE&index=23)*Forgiveness of Ourselves Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=d2AfV\_bcpv8*](https://www.youtube.com/watch?v=d2AfV_bcpv8)

**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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