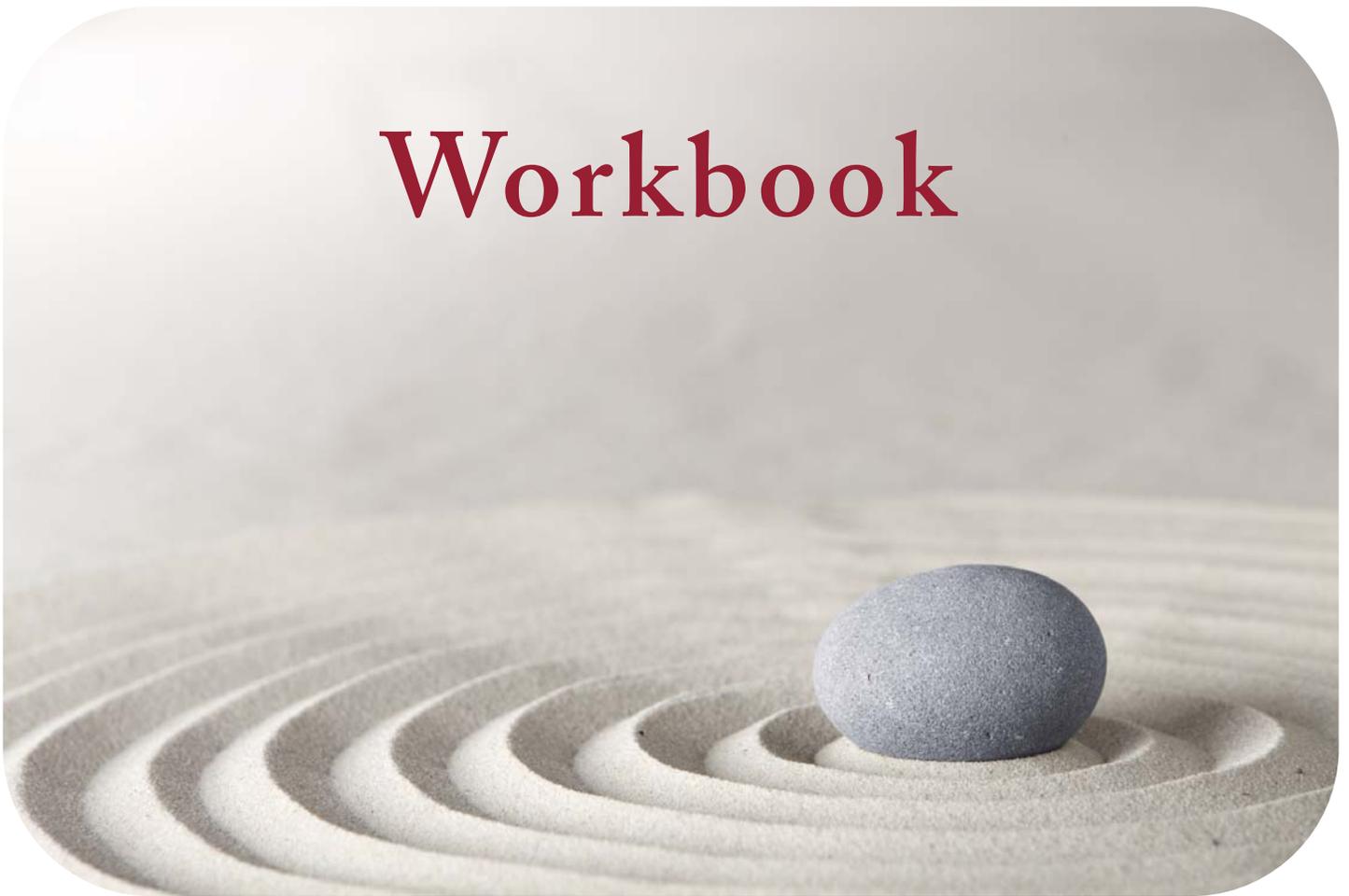


Mindfulness-Based Stress Reduction Program

Workbook



If the heart wanders or is distracted, bring it back to the point quite gently...
And even if you did nothing during the whole of your hour but bring your heart back,
though it went away every time you brought it back, your hour would be very well
employed.

- St. Francis de Sale

MBSR Workbook

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Getting Started in MBSR

This worksheet begins your MBSR journey. Actually writing your responses to these questions and those on the other worksheets and practice logs will help ground your practice and learnings in a way that would not be possible if you simply answered these questions in your head. In a way, this is the first mindfulness practice: being mindful of your intentions and commitment to the process you are about to begin.

So, first, there is probably something that drew you to this program that made it seem like a good idea. For example, you may wake up in the middle of the night with worries and concerns that keep you from getting a good night's sleep, or you may be dealing with health issues and you've heard that mindfulness can help you deal with them, or you may have trouble concentrating, or you may simply want to increase your ability to be present and fully engaged in life, to accept more fully yourself/others, just as you/they are.

By the end of the course, I am hoping that:

While there are things you hope that will get better, it is important to recognize positive aspects of yourself, because it is these things that form the base for any self-improvement. We tend to take for granted our own core strengths, so give yourself a few minutes to reflect on this. For instance, what would a good friend or close family member say that they appreciate about you?

Some of my strengths are:

Finding a specific time and place for your 45 minutes of daily practice is likely to be one of the most difficult hurdles, and writing down now when and where you'll be doing your daily practice will help you to keep your promise to yourself to practice each day. People often choose to practice first thing in the morning, before roommates or family members are up and about, and others like the evening shortly before bedtime, or just after arriving home from work. Precisely when you practice is less important than having a set time and place, a time that you know you can practice without having to attend to the telephone or be responsive to others, and a place that is quiet and separate from others.

When will I practice? (Try to be concrete, e.g., 6:30am M-F, 7:30am Sat/Sun) _____

Where I am planning to practice (e.g., corner of the bedroom, basement, etc.) _____

Home Practice Assignments

All recordings can be accessed at MaineHealthLearningCenter.org/MBSR.

Week One

- Using the recording, practice the Body Scan Meditation at least 6 days this week
- Complete the Nine Dots exercise
- Use the logs to record your formal and informal practices
- Read “Mindful Eating Suggestions” (handbook, pg. 7)
- Read “Body Scan Meditation” (handbook, pg. 8)
- Eat one meal mindfully

Week Two

- Using the recording, practice the Body Scan Meditation at least 6 days this week
- Practice Sitting Meditation using the CD recording - 15 minutes
- Practice Simple Awareness of Routine Activities: washing dishes, showering etc.
- Complete the Pleasant Events Calendar – 1 entry per day
- Read “Sitting Meditation” (handbook, pg. 11)

Week Three

- Alternate Body Scan with Floor Yoga for 6 days this week
- Practice Sitting Meditation using CD recording - 15 minutes each day
- Complete the Unpleasant Events Calendar – 1 entry per day
- Read “Mindful Yoga” (handbook, pg. 14)
- Read “Walking Meditation” (handbook, pg. 18)

Week Four

- Alternate the Body Scan with Floor Yoga for 6 days
- Practice Sitting Meditation using the CD recording – 15 minutes each day
- Be aware of stress reactions and behaviors – without trying to change them
- Be aware of feeling stuck, blocked, or numb, and shutting off when stressed
- Read “What Is Stress?” (handbook, pg. 19)
- Read “Overcoming Obstacles to Meditation” (handbook, pg. 13)

Week Five

- Alternate the Body Scan with Yoga – using CD recordings
- Complete Difficult Communications Calendar
- Bring awareness to moments of reacting and explore more mindful options
- Bring awareness to using the breath as an anchor and a way to slow things down
- Read instructions for STOP and RAIN exercises (handbook, pgs. 23 & 24)

Home Practice Assignments

Week Six

- Alternate Sitting Meditation with the Body Scan or Yoga – six days using CDs
- Read “Appreciative and Generous Listening” (handbook, pg. 25)
- Read “Mind Traps” (handbook, pg. 26)

Week Seven

- No recordings this week. Practice Sitting, Yoga, Walking and/or the Body Scan
- Practice informally when you are not doing the above formal practices

Week Eight

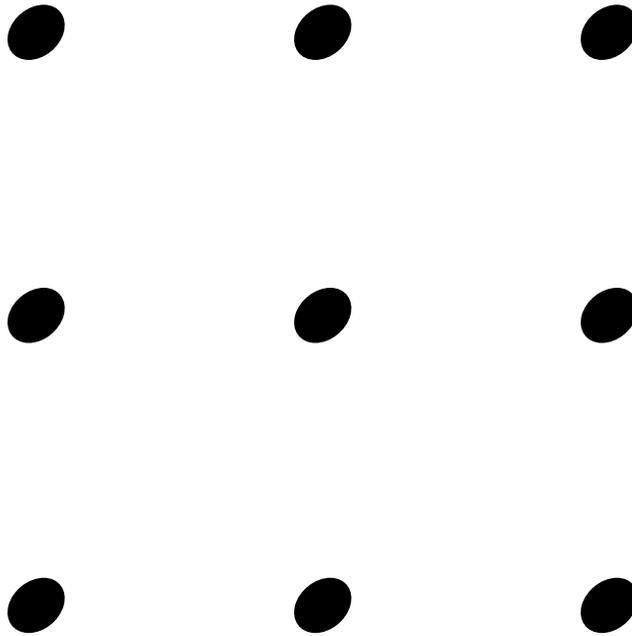
- Use the recordings if you wish. Keep up the practice and make it your own.

Practice Log- Week 1

Date	Comments

Nine Dots

Instructions: Placing your pencil on the page only once, draw **four** straight lines that pass through all of the dots without lifting your pencil from the page.



Practice Log- Week 2

Date	Comments

Simple Awareness Log

<p>What was the situation? Where were you, who were you with, what were you doing?</p>	<p>What feelings, thoughts, sensations did you notice before you decided to experience this</p>	<p>What feelings, thoughts and sensations did you notice WHILE doing this mindfully?</p>	<p>What did you learn from doing this?</p>	<p>What feelings, thoughts and sensations are you noticing NOW as you write this?</p>
<p>EXAMPLE <i>Washing dishes after dinner.</i></p>	<p><i>I was feeling hurried, shoulders and stomach tense, thinking "I wish Chris hadn't used so many dishes!"</i></p>	<p><i>I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment.</i></p>	<p><i>Paying attention to physical sensations brings me into the here and now and a boring task becomes more interesting.</i></p>	<p><i>Feeling the support of the chair I'm sitting on, the feel of the pen, and feeling thankful that a long day is over.</i></p>

Pleasant Events Calendar

What was the experience?	Were you aware of the pleasant feelings <u>while</u> it was happening?	How did your body feel, in detail, during this experience?	What moods, feelings and thoughts accompanied this event?	What thoughts are in your mind now, as you write about this event?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Practice Log- Week 3

Date	Comments

Unpleasant Events Calendar

What was the experience?	Were you aware of the unpleasant feelings <u>while</u> it was happening?	How did your body feel, in detail, during this experience?	What moods, feelings and thoughts accompanied this event?	What thoughts are in your mind now, as you write about this event?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Practice Log- Week 4

Date	Comments

Practice Log- Week 5

Date	Comments

Difficult Communication Calendar

Describe the communication. With whom? Subject?	How did the difficulty come about?	What did you really want from the person or situation? What did you actually get?	What did the other person(s) want? What did they actually get?	How did you feel during and after this time?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

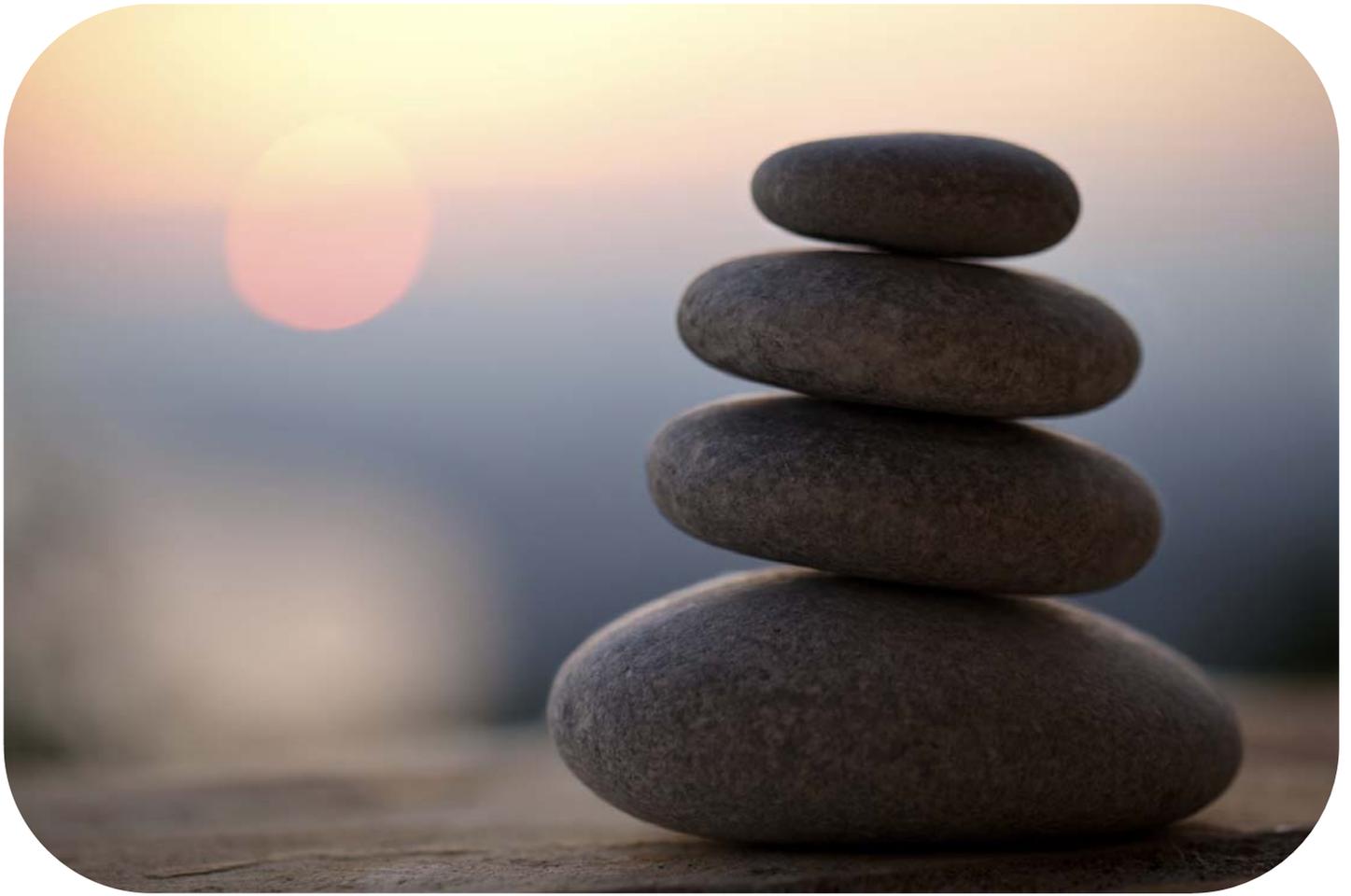
Practice Log- Week 6

Date	Comments

Practice Log- Week 7

Date	Comments

Notes



There is more to life than increasing its speed.

- Ghandi