
HOME PRACTICE FOLLOWING CLASS TWO

1. Try using Soothing Touch and the Self Compassion Break throughout the week when difficult situations arise. For reference, you can use the guided Self-Compassion Break meditation that is available on our website.
2. Practice the Compassionate Body Scan six times before our next class using the guided meditations on our website. It is helpful to practice noticing and letting go of any expectations you might bring to this practice. Committing to the daily practice and following through is all that is needed. Simply notice if there is judging, and just keep doing it. We will be discussing this in our next class.
3. Choose a different routine activity and bring mindful attention to it daily. You might also try to continue eating at least one meal mindfully each day. Bring awareness to the moment-to-moment experience of the activity including sights, smells, tastes, sensations of touch, and sounds.
4. Complete the Awareness of Pleasant Events Calendar every day and bring it with you to next week's class. We will be discussing this in class.
5. Complete the Home Practice Record form for each activity above. Include observations/thoughts about your experiences and bring this form to class two.
6. All instructions, forms, and guided meditations can be found on our website: <http://tspmg.com/pain/>