
HOME PRACTICE FOLLOWING CLASS SEVEN

1. Practice 30-45 minutes six times a week, using any of the meditations on the website and/or using the Insight Timer app to meditate on your own without guidance.
2. Continue bringing awareness to moments of reactivity, exploring them, and if possible, using some of the techniques in this class to slow things down before responding. Practice using RAIN in these moments. And if that's not possible, then simply noticing being caught in a reactive moment, and practicing bring self-compassion to that situation.
3. Continue to practice mindful eating.
4. Continue to practice mindfulness while doing routine activities. Practice bringing Beginner's Mind to these moments.
5. Continue to use the Home Practice Record form to.
6. All instructions, forms, and guided meditations can be found on our website: <http://tspmg.com/pain/>