**Class 1**

1. We fill out registration form and demographics sheets.
2. In class 1 we introduce ourselves and choose a handle which is a word that represents us without talking about our careers or our disability or illness. Example: Bob fisherman, Lucie gardener, Alice grandmother of 2, Lisa dazed and confused…
3. We discuss the course guidelines which have been developed by previous participants over several years to encourage respect and ease of classes.
4. We review what mindfulness is: setting aside a specific amount of time to notice what is going on in the present moment within and outside of ourselves without judgement. The practice of meditation is used to cultivate mindfulness. Formal practice is when we set aside a time during our day to specifically cultivate mindfulness by focusing your attention moment by moment on some particular aspect of your experience, and actively noting when your mind wanders---as it always will--- and then bringing back to the focus of the breath (or another focus of your choice if the breath isn’t comfortable – see page31-32). Informal practice is to allow every aspect of your day to become part of your meditation practice.
5. We review the attitudes attached to mindfulness practice: non-judging, beginner’s mind, trust, patience and we also add gratitude compassion and humor. (See attached handout on attitudes of mindfulness and mindfulness compass).
6. We discuss the ‘highly sensitive” person. Research has uncovered that about 15% of the general population has a deviation of the COMB gene which predisposes them to become highly sensitive if they are subjected to adverse events during life or even increased stress during their mothers’ pregnancy. 80 to 90% of participants in the MBCPM courses are highly sensitive. The self-test is included for your own interest.

Supermarket scenario-

Learning the mind-body connection and how judging things (negative critical thinking vs observing a situations without labelling it as “good” or “bad” )

You have a difficult day with increased physical and or emotional pain. You need to get to the supermarket to pick up milk and eggs. You hope to get in and out fast. When you get to the 1 to 8 item check out, there is a person in front of you with over 20 items in his basket.

1. How do you feel in the moment? What is your physical and or emotional pain likely to do?

2. Do you feel your physical and or emotional pain will change by the time you leave the store and in what way?

3. Do you feel yourself judging?

4. Can you name your emotions?

5. How did your judging and emotions affect your body and where did you feel it?

**Home practice:** (there is a weekly home practice assignment which can be obtained [www.sudestcsc.ca](http://www.sudestcsc.ca) or by calling or emailing. 705-898-2594 or annie.hebert@sudestcsc.ca

Class 1

**Meditation**: The 5 Minute Meditation or if level 2 do the 10 or 20 Minute Meditation from the box CD set Meditations for the Mindfulness Solution to Pain. You can also alternate the 5 minute meditation with the First Aid Meditation. People with insomnia may want to start using The Sleep CD. (You are encouraged to listen to the sleep cd during the day to be familiar with the words and not stay awake trying to listen to what comes next. There are no bells to wake you when it ends)

**Reading**: Judging (page 27) from the Mindfulness Solution to Pain. The Farmer and His Horse (pages 27-28). The Introduction (pages 1-15) and Chapter 1, 'Getting Started on Managing Your Pain: Understanding Why You Have It' (pages 16-22).

*Level 2*: What did you miss the last time you read this? And what particularly resonates with you in these readings?

**Activity**: Remembering when you can, to observe when and what you judge, how often you judge things as good or bad and how this may affect the intensity of your pain in certain areas of your body. See if you can 'describe' the situation, instead of jumping to a shorthand version: 'It's Bad'!

*Level 2*: Has your judging become less harsh and less frequent since taking the level 1 course? Where did this 'show up' in your body and do you notice it now?

**Optional:**

1. State some of the situations in which you have noticed yourself judging situations as ‘bad’:
2. Do the situations you judge negatively have anything in common? Are you taking after a parent or some other person you watched when you were a child?
3. Do you tend to judge negatively more than positively? Does increased pain change how harshly and quickly you judge?
4. Do situations when you judge harshly affect your pain? Describe this:
5. How did judging and emotions affect your body and where did you feel it?
6. Noticing when you judge and how this affects your body and your physical and or emotional pain is an important observation to make. Once awareness is reached, you can start to address these same situations by employing the “beginner’s mind “strategy. Over the next week, when you remember to employ beginner’s mind, take some notes on what happened, how you felt and if you were truly able to just describe why you wanted to judge something or someone negatively and whether it is less stressful not to use the short hand : “That’s bad” to do so.

(A.N.T.S – automatic negative thoughts)