**Class 2 Questions & Home Practice**

Continuing to Examine Judgement

1. Does being in pain seem to influence judgemental thought?
2. Do judgemental thoughts seem to influence your pain?
3. Do judgemental thoughts seem to influence how you interact with others?
4. Do you judge yourself more harshly than you judge others?
5. Where did you see a caregiver or adult, earlier in your life or childhood, practice judging behaviour? Did you unconsciously copy this behaviour?

The Farmer and His Horse parable

1. Is it possible to meet challenges with les reactivity?

Negative thoughts : A.N.T.S: Many find that their high reactivity to pain is associated with “body clenching”—a tightening of the muscles, leading to pain exacerbations.

1. In which parts of your body do you notice clenching if this does apply to you?
2. Which parts of your body are most vulnerable to pain when you are experiencing distress or anxiety?
3. 3. Do different parts of your body react with discomfort or pain when you encounter different types of stress? Can you describe this:

The word ‘shoulder’ has the word “Should” in it and when we feel we “should” do something, our shoulders are often raised, and when we “should” have done something we didn’t get done, they droop.

Thoughts are powerful: they can cause us suffering, or help us to be well.

Eg: When I make a mistake, I no longer think to myself: “how stupid I am.” So now I don’t get that sick feeling in the pit of my stomach anymore.

**Home Practice**

We go through doing many tasks in our lives without paying attention to them. That can sometimes result in accidents and mistakes, and also missed opportunities to appreciate being able to do them. Mindfulness involves cultivating the art/skill of staying fully present with whatever we are doing, aware of being present, of every sensation passing through our awareness, with curiosity and without judging it as, good or bad.

**Daily Meditation**

\*10 minutes for level 1 or 20 minutes for level 2; if you can’t manage 20 minutes at level 2- doing 2 ten minute meditations or 4 five minute meditations per day

**Reading**

\*Chapter 2: “Mindfulness: What Is It? (pages 23-30)

\*Chapter 4: Mindfulness: Checking In On Your Progress” (pages 42-48) Pay special attention to “Showering Mindfully” and Cleaning Mindfully” (pages 46-47)

**Level 2**: What did you notice more this time in you reading?

**Activity**

\*Choosing one activity that you regularly do in your daily life but considered mundane or routine, and do it mindfully. Writing down what it was and some thoughts about what it was like, and comparing with when you were on autopilot doing it? It can be taking a shower, brushing teeth, washing dishes, whatever else you choose.

\**Make sure it is* ***not cooking, eating or a food-related activity****, as we will be doing something similar in a subsequent class. Bringing your observations to class next week.*

**Level 2**: trying tasks you normally avoid!