**Week 1 Home Practice**

Daily Meditation

* The 5 minute or 10 minute or 20 minute meditation from the track: *Meditations for the Mindfulness Solution to Pain*

Reading

* Judging (page 27) from the Mindfulness Solution to Pain book
* 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).
* **Revision level** (2): What did you miss or what jumps out at you compared to 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”!
* **Revision level** (2): Has your judging become less harsh and less frequent since taking the entry level course (level 1)? Where did this “show up” in your body and do you notice it now?