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| **Mountain and Lake Meditation:** Write down your impressions after the session. day 1: Mountain Meditationday 2: Lake Meditationday 3: Body scanday 4: Sitting meditationday 5: free choiceday 6: free choiceday 7: free choice |
| **Choiceless Awareness.** What did you notice?day 1:day 2:day 3:day 4:day 5:day 6:day 7: |
| **Communications Chart Review:** Describe a communication you had today. It doesn’t need to be a particularly difficult communication.With whom?Subject?What did you want from the conversation?What did you actually get (in terms of outcome and treatment)?What do you think the other person wanted?What did he/she actually get (outcome/treatment)?How did you feel (physically & emotionally) during and after?What do you notice now (physical/emotional/mental) as you recall this communication?  |