

# PERSONAL INTENTIONS & COMMITMENT

## MBSR Practice and Learning SUGGESTIONS

In order to realize the benefits of Mindfulness-Based Stress Reduction, Please consider . . .

1. **...making an intention and personal commitment to attend all eight weekly sessions and the all-day session on a Saturday**
2. **... making an intention and a personal commitment to establishing a regular time and place for formal MBSR practice (body scan, yoga, and/or sitting & walking meditation) for 45 minutes daily, at least 6 days per week for the next 8 weeks.**

Your commitment is essential. It is the doing of the mindfulness practices (not the reading or thinking about practice) that will enable you to realize benefits, to see real changes in your life, from the program. This commitment can be challenging, and may require a lifestyle change. You may have to rearrange your schedule to allow time for daily practice, carving out time from other activities. Once you have established the habit of daily practice and begin to experience the benefits of MBSR, you may (likely) find the maintaining your daily practice becomes easier and highly rewarding. Without the experiment, there's no way to experience it.

3. **... making a personal commitment to practice mindfulness in daily living (informal mindfulness practice).** We can bring mindfulness to eating, breathing, walking, driving, answering the phone (and hearing phones ring), interpersonal relationships, and to any other activity of our day. This conscious act of remembering and bringing attention to the present moment and simple activities throughout the day enhances your formal meditation practice.
4. **... putting goal attainment on hold.** Putting aside any desire to use MBSR to reach a specific objective (e.g., relaxation, pain relief, inner peace) will allow you to fully experience a primary part of the program, which is "non-doing" or "non-striving."
5. **... approaching your practice with an attitude of kindness, compassion, gentleness, openness and inquisitiveness toward yourself and others.** Your role is to just observe, developing a deeper awareness.
6. **... sharing relevant experiences for the benefit of the group.** You are invited to share, in whatever manner you are most comfortable, anything that is relevant to the formal or informal practice of mindfulness.
7. **... practicing the specific suggestions for home practice that you will receive each week.**

You may choose, now, to make a commitment to yourself to attend weekly sessions and practice the techniques learned in this class over the next 8 weeks.

I commit (to myself) to attend weekly sessions and practice the mindfulness practices, formal and informal, daily (at least 6 days each week) for the next eight weeks,

\_\_\_\_\_ (signature) \_\_\_\_\_ (date).