

MBSR Handout 5.1

Session 5: Valuing Your Relationships

Tracking and Suggested Exercises



Suggested Exercises/Homework This Week:

- Loving-kindness meditation, 1×/day (see Handout 5.4) or the strength-exploration meditation, 1×/day. Also consider alternating between the two each day.
- Character strengths breathing space exercise
- Track your experiences below
- Character strengths 360 exercise (Strengths interviews II): Give Handout 5.2 to several people in your life to comment on your strengths. Track your findings in Handout 5.3. What stands out?
- Complete the character strengths brainstorm worksheet on one of your strengths (Handout 5.5)

Day/Date	Type of Practice & Time Length	Obstacles to My Practice	Strengths Used	Observations/Comments
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				
Monday Date:				
Tuesday Date:				