

## **MBSR WEEKLY FEEDBACK**

Dear participant,

To help the instructor be more responsive to your needs during the course, kindly reflect on the following questions and share as much or as little as you like. Writing down your experience is also likely to facilitate your learning and reinforce what you've already learned.

Many thanks,

Carole

### **Your Experience**

Please describe any moments in your MBSR practice that you found particularly noteworthy – surprising, challenging, uplifting, confusing, or deepening.

### **The Practices**

What formal or informal practices are you working with right now? Have you found any to be particularly helpful or unhelpful so far?

### **The Course**

How is the MBSR course unfolding for you? Is there anything that would be helpful for your teacher to know?