Mindfulness-Based Chronic Pain Management (MBCPM™) Patient Course

Class 12: Out of Class Work

Daily Formal Meditation Practice from Downloads
● Any meditation you prefer for at least 20 minutes per day; try the Room x 2.
Reading in "The Mindfulness Solution to Pain" book
● Chapter 12: "Reclaiming Your Life: With Pain or Without" (pages 174–189).
Activities for this Week
● Bring to class any paragraphs or sentences from The Mindfulness Solution to Pain book that especially "spoke" to you and prepare to share them with your classmates if you are willing to do so. ● Think of a word or phrase that represents what Mindfulness means to you. What plans do you have that will help you continue living mindfully?