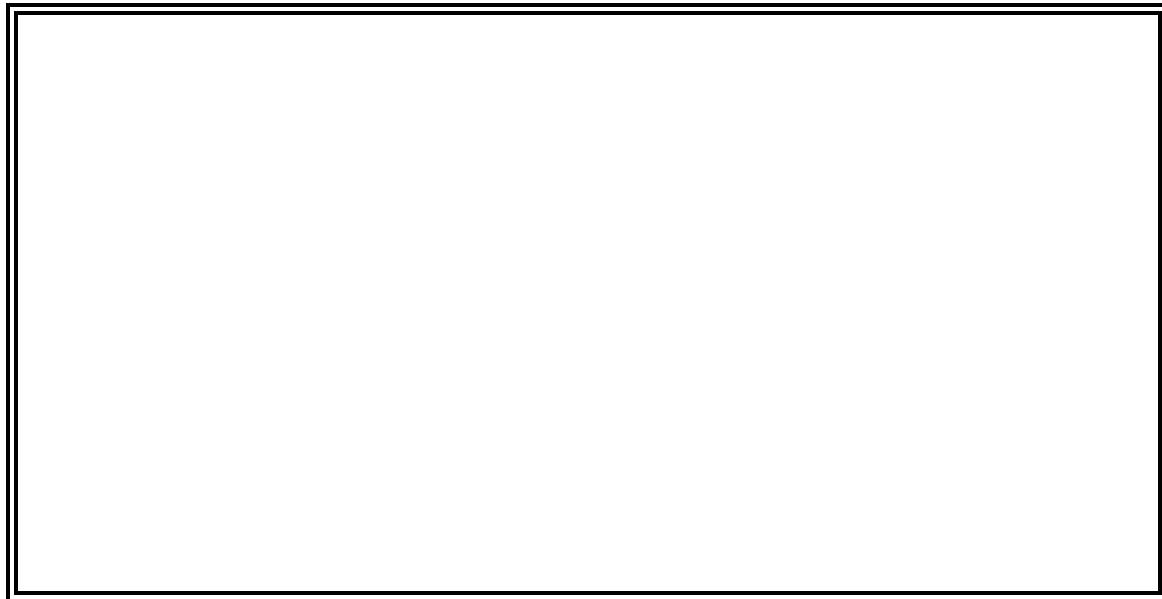


A Mindfulness-Based Stress Reduction Workbook

Meditation Journal



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Date and Formal Practice	Time	Thoughts, feelings, and sensations that arose during this practice and how you felt afterward

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Practice	What was the situation?	What did you notice before?	What did you notice after?	What did you learn?