

## **reflection on reading/practice: chapter 5**

Reflection helps us digest what we have been experiencing and makes it more useful. Please complete this form while and after you have read the fifth chapter (pages 67 to 90) and followed the various practices (Body & breath, Raisin exercise, Raisin mind and Habit releaser) of Mark Williams & Danny Penman's book "*Mindfulness: a practical guide to finding peace in a frantic world*". If you want to, feel free to alter questions or simply write on the back of the sheet.

☆ *which bits of what you've experienced & read, do you feel are most relevant and important for you personally? in what ways do you think they are particularly relevant and important?*

☆ *are there aspects of what you've experienced & read that you disagree with, have doubts about, or find unclear? what aspects?*

☆ *remembering what you have just written (and other discussions about these topics), what do you feel it would be most helpful for you to focus on, or remind yourself, or do to make your mindfulness practice even more helpful for you now and in the coming week?*