

What Has Brought Me to MBSR?

Take an inventory of what you need in various domains of our life, noting which needs are not being met and how they might be met better. Consider the following areas of your life and add your own when something else comes up.

Physical: Nutrition, exercise, movement, touch, sexuality, clean air and water, clothing, housing, transportation and money.

Emotional: Trust, security, self-esteem, confidence, a sense of meaning and purpose, ability to experience feelings (without feeling overwhelmed by them), caring and being cared for by others.

Social: A sense of community, affiliation with family, friends, colleagues, neighbors, nation, world, meaningful contact with others, meaningful work, an ability to use one's skills and resources to contribute to others.

Spiritual: Clarity about one's True, Essential Self, belief in a higher power, cultivation of an inner life, communion with others in a spiritual context, a sense of an ethical code and attunement of one's life to it, a feeling of unity with other people and creatures, opportunities to express oneself creatively, appreciating nature and beauty.