**Mindful Self-Compassion**

**WEEKLY FEEDBACK FORM**

*Dear Participant,*

*To help us 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!*

*Kim and Heather*

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| **Your Experience**Please describe any moments in your MSC 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 MSC course unfolding for you? Is there anything that would be helpful for your teachers to know? |