**Heart Lab Introductory Course Materials**

**Heart Lab Week 1 Training Curriculum and Agenda**

***Welcome.  In Heart Lab we are all leaders.  We are all invited to listen to our hearts. If we're sometimes called to share a few heartfelt thoughts, then we believe that the gifts will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get  into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously. **Five 2 minute sample body practices are offered in the Heart Lab workbook resources section like the one below.**

***Leader begins saying something like;***

*I'd like to invite you to join me in some shared opening body practice which I will now offer . Whatever I offer, feel free to follow along while we do a shared practice or if it's right for you then do your own body movement or settling practice as your heart calls.*

**Body settling offering one;  *Standing and shaking it loose;***

***Leader says something like;***

*Animal behavior experts have observed that after a stressful encounter in the wild animals will spontaneously shake their bodies off to release tension. So we're going to take a moment to release any tension that we may have built up.   So, if you’re game, please stand and then jiggle yourself around for about 60 seconds.  You can choose like a dog. ….  Or, knowing your own body, choose however you need to move to release body tension. Try shaking your arms and your legs. Shake at the hips. Do what your body wants to do! This is a way of shedding stress from our body and starting up the energy that’s waiting to play.*

**Preview of evening NAME**

***We'll begin with some time for introductions and then do a settling exercise called the mindful self-compassion break. Next will get an overview of the heart lab 10-week course and are operating agreements. Then we'll do an exercise from the mindful self-compassion workbook called what is self compassion? Finally, we will look at a powerful tool from CoDA called “The Recovery Patterns of Codependence.  (***[***www.coda.org***](http://www.coda.org)**)**

**Introductions:  NAME** 2 minutes:  What are you here for and what related experience do you have? I*nvite others to offer a word of welcome or thanks.* **NAME asks the questions and then models this two minute check in.NAMEtimes.**

**Mindful Self Compassion Break** (Germer, 12:21)  **NAME*: “Each week we plan to start out our groups with a guided meditation which is related to that week's topic.  I’m about to play a recorded meditation from the Center for Mindful Self Compassion.  It’s recorded by Christopher Germer, one of the two founders of the Center.  Make yourself comfortable etc.”***

**Overview of Heart Lab pilot and preview of 10-week course.** N**AME**  We will have an MSC exercise every week and another exercise from the other three recovery areas; Purpose for all participants to deepen their practices in areas they could use the stretch including leadership of the circle.

**Review of Heart Lab Agreements.**  **NAME**  (People take turns reading 1 each and then all are asked to raise their hands if they agree.)

**Main Mindful Self Compassion presentation and group discussion.  NAME**

From MSC workbook

1. Forward  P. 6  **NAME *reads select sections***
2. Chapter 1.  What is self Compassion ***P 9* NAME *Invites readers and then get paper and pen,  reads the exercise.***

**Second topic from the study areas of Mindfulness and Recovery, Trauma or Recovery Patterns of Codependence. ( Found in the resource section of the HL book.)**

1. The recovery patterns of Codependence

**NAME *Introduces.***  *We’re going to read one of it’s 5 sections every other week.  Tonight, we’ll read “Denial Patterns.”  Let's each take a turn reading one.  I’ll start…*

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentations the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

1. The Stages/Seasons of Recovery**NAME *introduces*.  (Found in the resource section of the HL book.)**

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** **NAME*:*** *(This week's is longer at 5 minutes.)*

 Any current discussion about our group's agenda or process is taken care of here.

*Who plans to continue with the remainder of this 10 week heart lab workbook introduction?*

*If  so, please download a free copy of the Heart Lab Workbook and purchase a copy of the Mindful Self Compassion Workbook.*

*We will be inviting continuing members to share service and leadership.*

*Finally, we will be inviting everyone to step progressively into leadership by taking turns leading different parts of the weekly Heart Lab agenda. To accomplish this we'll send out the agenda with a blank space at the start of each process where we can just add our names to sign up for leading a particular process that week.*

**This week’s home practice recommendations: NAME:  2 Minutes**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

*Our weekly structure includes doing 1 MSC exercise and another from one of our other 5 Heart Lab practice areas.  So, we’ll always present at least 2 home practice options each week.   Might you commit to doing at least one hour’s home practice?  How about a daily mindfulness sit?*

*Of the 2 weekly suggestions you can choose which is more valuable.  (Or to do both.)  Beginning next week, we will have a little time at the start of each meeting to check in briefly on what came up for us in our home practices.*

**Recommended home practices:**

Read Chapter 2 of the Mindful Self-Compassion Workbook,

Fill out questionnaire called “How Self-Compassionate am I?”

**The Discovery, Impact, and Healing of Trauma | Dr. Nadine Burke Harris, David Simas**

<https://www.youtube.com/watch?v=TpcZ7eyn150&t=6s>

**Closing goodbyes, gratitudes, takeaways, and stretches.**

**Heart Lab Week 2 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

*Stand and then Shake for 60 seconds.  You can choose to shake like a dog. ….  Or, knowing your own body, choose however you need to move to release body tension. Try shaking your arms and your legs. Shake at the hips. Do what your body wants to do! This is a way of shedding stress from our body as we each come in from the stress of our world.*

**Preview of evening and then of first meditation** ***NAME:*** *“This week our opening guided meditation will be in two parts: First* ***NAME*** *will lead us in slow belly breathing, a practice which soothes, and helps us to relax into trusting body presence.  Then there will be a bell sound and I’ll play a different version of the Mindful self-compassion break meditation than we did last week, this one is recorded by Kristen Nef.  (Say purpose of each meditation & together.)*

**Opening whip check in NAME** (Models) Taking 2 minutes each

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.   Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening.*

**Guided 6 Minute slow belly breathing observing belly rising and falling. NAME**

Ring bell, then read this quote before playing the Mindful Self Compassion Break: **NAME**

*“When we allow our hearts to be touched by suffering—our own or another’s—our natural compassion flowers. Love's aspiration is simple and powerful: May all circumstances serve to awaken compassion… May whatever is happening be a gateway to clear and limitless compassion.”*

PLAY Mindful Self Compassion Break (Nef, 5:20) **NAME**

**Main Mindful Self Compassion activity is from the MSC workbook**

**NAME** leads us off taking turns reading all of Chapter 4 up to the MSC break.

**NAME** leads second topic from the study areas of Informed Trauma presenting ***Becoming informed about* C*hildhood Trauma or Adverse Childhood Experiences* from Heart Lab book**

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentations the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**Weekly Heart Lab longer check in round:** ***NAME*** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***

 Any current discussion about our group's agenda or process is taken care of here.

**This week’s home practice recommendations: *NAME*:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

*Our weekly structure includes doing 1 MSC exercise and another from one of our other 5 Heart Lab practice areas.  So, we’ll always present at least 2 home practice options each week.   Might you commit to doing at least one hour’s home practice?  How about a daily mindfulness sit?*

*Of the weekly suggestions you can choose which are more valuable.  Beginning next week, we’ll have a little time at the start of each meeting to check in briefly on what came up for us in our home practices.*

1. MSC ch. 5 including exercises, and

2. Listen to NAME Siegel, the Power of Showing Up.

<https://www.youtube.com/watch?v=-Swk-koHhoc>

3.Consider essay “Growth after Trauma” from Heart Lab book

**Closing goodbyes,** **gratitudes, takeaways, and stretches.**

**Heart Lab Week 3 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

*Stand and then Shake for 60 seconds.  You can choose to shake like a dog. ….  Or, knowing your own body, choose however you need to move to release body tension. Try shaking your arms and your legs. Shake at the hips. Do what your body wants to do! This is a way of shedding stress from our body as we each come in from the stress of our days.*

**Overview for this week** **NAME**

*This week's themes is Mindfulness and Recovery practices and Chapter 6 of the Mindful self-compassion workbook*. (Titled "Mindfulness.")

**Opening whip check in NAME** (Models)

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Name some emotion(s) you are arriving with + where you feel them in your body,*

*Remind us what you said your main practice "stretch" is in our Heart Lab work right now. And what's something you'd like to set aside now to be more present this evening*.

**Opening settling meditation** **NAME** *reads through affectionate breathing meditation on page 46-47 (Or he plays Christopher Germer's recording of it 18:24)*

**Weekly mindful self-compassion reading from chapter six**.  **NAME** *starts reading 1 paragraph and invites everyone to take turns reading one paragraph. Pages 44 thru 46.*

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentations the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**Weekly Heart Lab longer check in round:** ***NAME*** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***

 Any current discussion about our group's agenda or process is taken care of here.

**This week’s home practice recommendations: *NAME*:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

**Recommended home practices:**

This week's first suggestion is to read + reflect on the website page  "Practicing Mindfulness in Addiction Recovery: a step-by-step guide found at: <https://www.arkbh.com/mindfulness-in-recovery/>

Our second suggestion is to read the exercises from our Mindful Self Compassion workbook exercises on pages 48 + 49.  Please focus especially on the practice entitled Mindfulness in daily life. This is an invitation for each of us to consider taking an activity or two which helps us to have mindfulness in while we go about our daily life.

Our third suggestion is to listen to Mark Nunberg’s guided meditation on *working with Craving, Aversion and Delusion* from "Buddhist Studies: Four Noble Truths Week 6" on YouTube

<https://youtu.be/OU0ts1cfUy4>

**Closing goodbyes, gratitudes, takeaways, and stretches.**

**Heart Lab Week 4 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

**Overview for this week** **NAME**

*This week's theme is Recovery from Codependency plus chapters 7 & 8 of the Mindful self-compassion workbook*. (Titled "Letting go of resistance.")

**Opening whip check in** **NAME** (Models)

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Name some emotion(s) you are arriving with + where you feel them in your body, Remind us what you said your main practice "stretch" is in our Heart Lab work right now. And what is something you'd like to set aside now to be more present this evening*.

**Opening settling meditation NAME** *reads through affectionate breathing meditation on page 46-47 (Or  plays "Loving-Kindness for a Loved One" 17:08 with Kristin Nef)*

**Home Practice Check in NAME  3 minutes total: what practices have helped this week?**

**Weekly mindful self-compassion reading from chapter 7.**  **NAME** *starts reading 1 paragraph and invites everyone to take turns reading one paragraph. Pages 50 thru 56*. **NAME** *will interject commentary on the text periodically.*

**Read The Recovery Patterns of Co-dependence: Low Self-esteem Pattern***s* **NAME** *5 minutes*

*From CoDA,* [*www.coda.org*](http://www.coda.org)

Listen to the 10 minute video by Gabor Mate with his fresh and skillful explanation of the roots of addiction and how to view our recovery..

<https://www.youtube.com/watch?v=ys6TCO_olOc>

**Weekly Heart Lab longer check in round:** ***NAME***Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***

 Any current discussion about our group's agenda or process is taken care of here.

**This week’s home practice recommendations: NAME:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

Read Chapter 8 in the workbook on "Backdraft."

Then, beginning at HOUR 2 MINUTE 16 listen to

[The Hungry Ghost: A Biopsychosocial Perspective on Addiction - YouTube](https://www.youtube.com/watch?v=vMstO3U4sVw&t=7752s)

<https://www.youtube.com/watch?v=vMstO3U4sVw&t=7752s>

*There is a written summary in the references section for the first 2 hours of The Hungry Ghost video. Or you can listen to the whole thing if you wish.*

**Closing goodbyes, gratitudes, takeaways, and stretches.**

**Heart Lab Week 5 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

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**Welcome and Opening Invitation into the body**

Each week we’ll start out with a 2 minutes of practice to get  into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

**Overview for this week** **NAME 1 minute**

*This week's theme is Trauma informed recovery practices and we’ll have readings and exercises from 10 of the Mindful self-compassion workbook*. *(Titled "Loving-Kindness for Ourselves.")*

**Opening whip check in** **NAME (Models) *Taking 2 minutes each***

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body,  Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening*.

**Open settling meditation**.  **NAME 10 minutes**

**Home Practice Review**

**Mindful Self Compassion Reading: NAME** leads the group to read pages 69 through 71 mid page of chapter 10.  *NAME starts reading 1 paragraph and invites everyone to take turns reading 1 paragraph.*

**Christopher Germer's "Finding self-compassion phrases"** **(23.02)NAME cues up**

**Presentation** **on Understanding trauma & Advanced Recovery Practices from HL Book**. **NAME**

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentation the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** **NAME:**

 Any current discussion about our group's agenda or process is taken care of here.

**This week’s home practice recommendations: NAME:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

**Recommended home practices:**

This week's first suggestion is to listen to Tara Brach's *Trusting our Awakening Heart*.

<https://www.tarabrach.com/trusting-awakening-heart/>

Our second suggestion is to read Chapter 9 from our Mindful Self Compassion workbook.  Then follow up by listening to and doing a self-compassion exercise from the mindful self-compassion website.  It's called "Loving kindness for a loved one" but there are recordings available of either Kristin Neff or Christopher Germer leading it.

**Closing goodbyes, gratitudes, takeaways, and stretches**

**Heart Lab Week 6 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

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**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

Overview for this week **NAME 1 minute** *This week's themes are Mindful Recovery Techniques and exercises from chapter 11 of the Mindful self-compassion workbook*. (*Titled "Developing Loving Kindness.") NAME.*

Opening whip check in **NAME (Models) *Taking 2 minutes each***

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.  Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening*.

Homework review check in **NAME leads *two minutes each.***

This week the suggested homework was to read Chapter 9 from our Mindful Self Compassion workbook called "Developing Loving Kindness."  Then we were invited to follow up by listening to and doing a self-compassion exercise from the mindful self-compassion website called "Loving kindness for a loved one" by either Kristin Neff or Christopher Germer.  Anyone who did that homework please take two minutes to talk about what that was like for you.

NAME leads opening settling meditation.  **10 minutes**

**NAME** leads group to read pages 77 through 79 of chapter 11 "Self-compassionate motivation."  *NAME starts reading 1 paragraph and invites everyone to take turns read 1 paragraph. She may interject commentary on the text periodically.*

**NAME** reads and leads through the exercise "Finding your compassionate voice" on page 79.  *People will be writing either in their work books or on a blank piece of paper and so will need a pen too*.

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentations the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**NAME** cues Mark Nunberg guided meditation: " Facing craving and aversion in meditation."

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***  Anything about our group's agenda or process is taken care of here.

**This week’s home practice recommendations: NAME:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

**Recommended home practices:**

Consider reading “*Mindfulness Tips for People with Addictive Personalities or Backgrounds with Trauma in Heart Lab book."*

Read P. 84 of the MSC workbook and then write a compassionate letter to yourself.

Listen to the Shelly Graff meditation: [Lovingkindness Practice Group with Shelly Graf: 11/5/2021](https://www.youtube.com/watch?v=CnuMDhE6akQ)  <https://www.youtube.com/watch?v=CnuMDhE6akQ>

**Closing goodbyes, gratitudes, takeaways, and stretches**

**Heart Lab Week 7 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get  us into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section. .

Welcome and overview for this week **NAME 1 minute**

*This week all of our readings will be from the Mindful self-compassion workbook****.*** *We'll  start with**exercises from 14 of the Mindful self-compassion workbook. (Titled "Living Deeply.") The reason that our second exercise is also from the Mindful self-compassion workbook is that it happens to be a great fit for this week's special theme which is recovery from the habits of codependency.*

Opening whip check in **NAME (Models) *Taking 2 minutes each***

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.  Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening*.

Home Practice review check in **NAME leads *two minutes each.***

*Two people share a one-minute pearl about whatever practices have been helpful this week.*

This week the suggested home practice was to **Write a Compassionate Letter to Myself** from Chapter 12 from our Mindful Self Compassion workbook called "Self-Compassion and Our Bodies."  And/Or to read **Exploring Wise Attitude and Practice; Mindfulness Tips for People with Addictive Personalities or Backgrounds with Trauma by NAME.**

Anyone who did that homework please take a minute to talk about what you got from your practice.

**NAME** leads opening settling meditation.  **10 minutes**

**NAME** leads the group to read pages 100 through 101 of chapter 14 "Living Deeply."  NAME *starts reading 1 paragraph and invites everyone to take turns reading 1 paragraph. He may interject commentary on the text periodically.*

**NAME** Begins reading the first paragraph of Chapter 15 “*Being there for Others Without Losing Ourselves”.*  From p. 110 thru 111.  Then invites others to take a turn.

**NAME** leads group in reading thru the Recovery Patterns of Codependence: Compliance Patterns

*From CoDA* [*www.coda.org*](http://www.coda.org)

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentations the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:*** Discussion about our group's agenda or process is done here.

**This week’s home practice recommendations: NAME:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

**Recommended home practices: CHECK LATER IN TERRIE’S FILES FOR WHAT MSC PART IS.**

Listen to Christopher Germer's Giving and Receiving Compassion from the MSC Website

Listen to [Dr Anna Lembke | Dopamine, Addiction, Pleasure and Pain, Brokenness & The Importance of Truth - YouTube](https://www.youtube.com/watch?v=dbxalFNVsD0)

<https://www.youtube.com/watch?v=dbxalFNVsD0>

**Closing goodbyes, gratitudes, takeaways, and stretches.**

**Heart Lab Week 8 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get  us into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

**Overview for this week** **NAME 1 minute**

**Opening whip check in NAME (Models) *Taking 2 minutes each***

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.  Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening*.

**Home Practice review check in** **NAME leads *two minutes each.***

This week’s suggested practice was the MSC meditation from Chris Germer on Self/Other.  And/or, Anna Lembke video Dopamine, Addiction, Pleasure and Pain & the Importance of Truth.

Anyone who did that homework please take two minutes to talk about what that was like for you.

**NAME**  Cues up meditation by Chris Germer from chapter 16 on Working with Difficult Emotions.

<https://chrisgermer.com/wp-content/uploads/2020/11/SoftenSootheAllow.mp3>

**NAME** leads group to read “*Working with Difficult Emotions”* on pages 115 through the middle of 118. NAME *starts reading 1 paragraph and invites everyone to take turns read 1 paragraph. He may interject commentary on the text periodically.*

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentations the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**STAGE 3 TRAUMA PRESENTATION From Surviving to Thriving NAME**

 (This exercise is found in the resource section.)

**Weekly Heart Lab longer check in round:** ***NAME*** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***  Any discussion about our group's agenda or process is done here.

**This week’s home practice recommendations: *NAME*:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

**Recommended home practices:**

Read MSC Chapter 17 Self Compassion and Shame and do the exercise on pages 123-125.

Read MSC meditation practice *Working with Shame* on Pages 126 thru 128 of MSC workbook.*.*

Listen again to Chris Germer’s meditation on MEETING DIFFICULT EMOTIONS (which we started tonight off with) to be found on the MSC website.

The second choice is 2 videos by Bessel Van der Kolk that are part of a series made this year (2021). Each is only about 20 minutes for a total of this assignment being 40 minutes. Part 1 and 3 are the assignments.

Part one: If the Body Feels Safe the Mind Feels Safe: Healing Trauma and How the Body Keeps the score https://www.youtube.com/watch?v=d\_YApSkqsxM

Part Three: Our Trauma Imprints on Our Body: Trauma vs. Individualism <https://www.youtube.com/watch?v=UTvkjEUEyOw>

And finally are two short videos by Brene` Brown made this year . Each about 10 minutes.

Have the Courage to Stand Alone (Find True Belonging) <https://www.youtube.com/watch?v=x_sYCThUQc8>

Know Your Worth and Where You Belong <https://www.youtube.com/watch?v=TfOE5ykj7EQ&t=9s>

**Closing goodbyes, gratitudes, takeaways, and stretches**

**Heart Lab Week 9 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get  us into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

**Overview for this week** **NAME** 1 minute

*This week our heart lab study chapters are 18 + 19.   Our alternating weekly topic for the week is mindful recovery techniques.  I'll be talking about practices of mindfulness that are specific to liberation from craving and aversion and then lead a meditation focused on that.*

**Opening whip check in NAME** (Models) Taking 2 minutes each

Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.   Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening.*

**Opening meditation:**  **NAME** leads a short settling then comes up the Christopher Germer guided meditation "Compassionate friend."  (15 minutes.)

**Home Practice review check in NAME** leads two minutes each.

*In last week's meeting NAME played Chris Germer’s meditation on MEETING DIFFICULT EMOTIONS...he  Invited folks to try it at least one other day as a personal meditation practice.*

*The second group of choices recommended were videos.  First  were a pair by Bessel Van der Kolk that are part of a series made this year (2021). : If the Body Feels Safe the Mind Feels Safe and Trauma Imprints on Our Body: Trauma vs. Individualism*

*Second were two short videos by Brene` Brown made this year:Have the Courage to Stand Alone and Know Your Worth and Where You Belong.*

**NAME** **leads the reading of self-compassion in relationships** from Pages 130 to 132.   (skipping the informal practice exercise "Fulfilling our emotional needs" on page 133

**Quiet minute and 2 minute check in:**  **NAME** (models)  *After the main topic presentation the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**NAME** reads THE CONTROL patterns from the Recovery Patterns of Codependence.

*From CoDA* [*www.coda.org*](http://www.coda.org)

*After the main topic presentation the leader invites everyone to take one minute of Silence to consider what has been shared. Then the leader invites participants to share anything essential which arose in their hearts during the presentation.*

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***  Discussion about our group's agenda or process is done here.

**This week’s home practice recommendations: NAME:**

*Each week we will share recommendations for home practice that are based on either what we've done together this week or what is planned for next time.   Guiding our own freedom to choose from these options is our intention to turn towards the particular practices that we need most…even if it’s something we're resistant to.*

**Recommended home practices:** *FROM MSC Workbook:* Try to take a Self-Compassion Break in a difficult Relationship moment The next time you’re in a negative interaction with someone. P. 132

OR   Read chapter 19 Self-compassion for caregivers" on page 138. Consider doing the exercise at the end of the chapter.

And:   Reducing Stress with Jon Kabat Zinn

<https://www.youtube.com/watch?v=fx7cpWcF5Nw>

**Closing goodbyes, gratitudes, takeaways, and stretches.**

**Heart Lab Week 10 Training Curriculum and Agenda**

***We leaders are invited to listen to our hearts. If we're called to interject a few comments then we believe that the gift will be even more powerful because of our own self trust.***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body  NAME**

Each week we’ll start out with 2 minutes of practice to get us into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

**Overview for this week** **NAME** 1 minute

*This week our heart lab study chapters are 21 + 22.   Our alternating weekly topic for the week is a special closing topic about Awakening inside of this addictive culture. We will have readings from Ann Wilson Schaffe, Ph.D. from her book When Society Becomes an Addict. Also will discuss the practices for awakening within the addictive Culture by Dr. Michael Obsatz or Anna Lemke MD's, book  "Dopamine Nation." We will conclude with readings from Resma Menakem’s book "My Grandmother's Hands."*

**Opening whip check in** **NAME** (Models) Taking 2 minutes each.

 Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.  Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening.*

**Opening meditation:**  **NAME** leads a short settling meditation and then guides the group to go through the informal practice exercise forgiving ourselves on page 155. (15 minutes.)

**Home Practice review check in** **NAME** leads two minutes each.

*Last week we suggested:  Reducing Stress video with Jon Kabat Zinn  OR*

*Read ch. 19 “Self-compassion for caregivers" on p. 138. Consider exercise at the end of the chapter.*

*Or Take a Self-Compassion Break in a difficult Relationship moment The next time you’re in a negative interaction with someone. P. 132 as your exercise.*

**NAME** leads the reading of embracing the good from page 160 though 162 in MSC.  And then he leads us through the Gratitude practice on page 164 taking only 6 minutes.

**Quiet minute and 2 minute check in:**  **NAME** (models)

*After the main topic presentation the leader invites everyone to take one minute of silence to consider what has been shared. Then the leader invites participants to take a total of 2 minutes to share what struck them in the presentation.*

**Awakening within the addictive culture presentation and meditation:**  **NAME**

*After the main topic presentation the leader invites everyone to take one minute of Silence to consider what has been shared. Then the leader invites participants to share anything essential which arose in their hearts during the presentation.*

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:*** Discussion about our group's agenda or process is done here.

**This week’s home practice recommendations: NAME:**

**Recommended home practices:** FROM MSC Workbook: do all of chapter 23 on self-appreciation.  OR

Fear and Love - Tara Brach

https://www.tarabrach.com/fear-and-love/

*Only when we face our fears can we discover the freedom to love without holding back. This talk looks at how unprocessed fear contracts our body, heart, and mind, and on a societal level is the cause of othering and violence.*

The Discovery, Impact, and Mindful Healing of Trauma | Dr. Nadine Burke Harris, David Simas

[**https://www.youtube.com/watch?v=TpcZ7eyn150&t=11s**](https://www.youtube.com/watch?v=TpcZ7eyn150&t=11s)

**Closing goodbyes, gratitudes, takeaways, and stretches**

**Heart Lab Week 11 Training Review and Future Planning**

***MSC Workbook chapter 23***

We want to **emphasize** that this meeting is not a substitute for your recovery or 12 step meeting. It is more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to any of us after the meeting. The nature of our work together includes turning towards the  unfinished business within us.  If things come up for you that are difficult or challenging we want you to also turn to whatever supports you need from professionals or peers.

**Welcome and Opening Invitation into the body**

Each week we’ll start out with 2 minutes of practice to get  us into our bodies. The leader can follow a sample script or just trust their hearts to lead spontaneously.  Five 2 minute sample body practices are offered in the Heart Lab workbook resources section.

**Overview for this week NAME** 1 minute

*This week our heart lab exercise is from chapter 23.   We're also going to talk a bit about thriving practices, surrender, welcoming, savoring and gratitude.*

**Opening whip check in** **NAME** (Models) Taking 2 minutes each.

 Note to leaders: Following our check-in structure provides opportunities to relate to our stories and habitual reactivities in new liberating ways.  So, we ask anyone leading a check in round to read the entire guideline and respond to each of the questions within the time format.

*Please name some emotion(s) you are arriving with + where you feel them in your body.  Also please remind us what you said your main practice "stretch" is in your Heart Lab work right now.  And finally, what's something you'd like to set aside now to be more present this evening.*

**Opening meditation:**  **NAME** leads a short settling meditation and then guides the group to go through the informal practice exercise appreciating ourselves on page 170 (15 minutes.)

**Home Practice review check in NAME** leads two minutes each.

*Last week we suggested Tara Brach's "Fear and Love" retreat talk*

**Heart Lab 10 week review***...***NAME*:*** *What did you like? What did you not like? Is there something else you'd like to see us do? Do you want to continue with this group?  Reduce to 90 minute meetings? Meet every week or every other week? Continue with the same meeting times?*

**Weekly Heart Lab longer check in round:** **NAME** Models:

*Share whatever you need to share.  What are your top plate issues?  What is your current main Heart Lab practice stretch?  What are you learning today that you want to take into your life?  What questions are percolating in your Heart?*  *We'll take 5 minutes each or however much time we have left.*

**Business and logistics** ***NAME:***

Any current discussion about our group's agenda or process is taken care of here.

*We've finished the Heart Lab 10 week training. How many people would like to continue as an ongoing Heart Lab support group?  You could continue using the Heart Lab 10-week agenda model.  You can just fill the weekly topic areas with any materials we haven't utilized yet from the mindful self compassion workbook, the Heart Lab Workbook, The Recovery Dharma book, or any other source that supports our weekly topic and practices. Who wants to continue and who will take leadership for what?*

**This week’s home practice recommendations: NAME:**

Go back over previous weeks and choose from practices which you’ve missed.

**Closing goodbyes, gratitudes, takeaways, and stretches.**