

Session VI Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Overview – Session VI Review – Session V – Q & A	
2.	Clarify and Choose – CCS Process – Step 3 ▪ A Clarifying Process ▪ Relationship Awareness – Plan of Action	Textbook pages 382 – 385 Textbook page 386
3.	Section Three: Clarify and Choose – Part II	Textbook pages 403 – 408
4.	Mindful Emotional Self-Regulation – So, What To Do	Textbook pages 321 – 331
5.	Awakening	Textbook pages 334 – 335
6.	B-FIT Mindfulness Exercise #4 – Stress Rehearsal	Textbook pages 271 – 272
7.	Session Preparation and Learning Log	Handout

Session Follow-up and Preparation:

- Review all resources
- B-FIT Mindfulness Practice 12-15 minutes x 5 sessions
- Complete Difficult Feelings Self Assessment – page 326