



## SESSION 8: REFLECTIVE QUESTIONNAIRE

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Reflecting more widely on your experience of the course, it might be useful to consider what other participants have found most helpful in MBCT. Consider how important these themes have been for you by giving them a score from 1 to 10, where 1 is not at all important, and 10 means extremely important.

| Theme  | Score (1-10) |
|--|--------------|
| Knowing what pulls mood down and recognizing early warning signs   |              |
| Learning new ways to step out of patterns of negative thoughts and feelings  |              |
| Seeing negative thoughts and feelings differently, as parts of emotional packages, not 'just me'   |              |
| Feeling less alone – seeing that other people experience low moods, anxiety, stress, and difficult emotions and that it is not 'just me' |              |
| Being kinder and less critical to myself   |              |
| Valuing myself more – recognising and meeting my own needs   |              |
| Learning to live with awareness and conscious choice – rather than on automatic pilot  |              |
| Learning to know my experience through the senses – rather than thinking about my experience   |              |
| Learning to be here, now, in this moment – rather than dwelling in the past or thinking about the future                                 |              |
| Learning to approach <i>all</i> experiences with interest – even the unpleasant ones   |              |
| Learning to allow things to be as they are – rather than <i>needing</i> them to be different   |              |
| Learning to see thoughts as mental events – not necessarily real or the whole truth  |              |



