

Week 1 – Video 2 Homework

- ✓ Use positive affirmations
 - Say it with power and regularity
 - Consider making multiple statements
 - Identify the area you want to see change in
 - Be sure the affirmation is credible and achievable (assess facts)
 - Turn negatives into positives
 - Write in present tense
 - Say it with feeling
- ✓ Body scan meditation
 - At least 5 minutes a day
 - Some options:
 - <https://www.youtube.com/watch?v=T0nuKBVQS7M>
 - <https://www.youtube.com/watch?v=QS2yDmWk0vs>
 - <https://www.youtube.com/watch?v=i7xGF8F28zo&t=9s>
 - <https://www.youtube.com/watch?v=vlvrex9LDy4>
 - <https://www.youtube.com/watch?v=15q-N- kkrU>
 - Consider progressive muscle relaxation
 - Example:
 - <https://www.youtube.com/watch?v=86HUcX8ZtAk>
- ✓ Continue with graded exposure for value-based goal
 - Consider trying informal body scan as you carry this out
 - Go through each area of your body, from head to toe, and notice what sensations you feel with the movement/activity