

### **Post-MBSI meditation questions**

- 1) What is your topic of interest?
  
  
  
  
  
  
  
  
  
  
- 2) What was a/the seminal event that got you interested in this topic?
  
  
  
  
  
  
  
  
  
  
- 3) What were your feelings during that event/episode? (see feelings handout)
  
  
  
  
  
  
  
  
  
  
- 4) What basic human need(s) are related to this episode/experience? (see needs handout)
  
  
  
  
  
  
  
  
  
  
- 5) What experiences/episodes in your students' history might have evoked similar feelings?