**Resistance Meditation ‘Enforced Play’ Feedback Form**

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| On seeing the activities, did you feel a sense of dread, resistance, or reluctance? |  |
| Did you feel that we would actually be doing into doing the activities? |  |
| What were your highest and lowest rankings? |  |
| The activities were designed to be forced and a little condescending. Did this come across? For example, were there any that you thought may actually be quite fun? |  |
| In the meditation, did you feel a sense of resistance or reluctance I talk about, and did you feel as if you could explore it? |  |
| If you did not feel resistance or reluctance, what other feelings did you have (that you are comfortable to share)? |  |
| Any other feedback is warmly welcomed! For example, other suggestions for activities, or how to improve the meditation. |  |

Thank you,

Alex