



**Contemplative Psychotherapy Program**  
**Challenges, Methods and Applications of Contemplative Practice**

Human Life Challenges	Contemplative Methods	Cultivated Qualities	Clinical Application	Educational Application	Business Application
<b>Disconnection</b>	Body Mindfulness	Presence	Dissociation	Distraction	Absenteeism
<b>Gut Reactivity</b>	Mindful Sensitivity	Balance	Impulsivity	Acting Out	Explosiveness
<b>Tunnel Vision</b>	Mindfulness of Mind	Awareness	Neuroticism	Teasing	Rigidity
<b>Compulsions</b>	Mindful Experience	Discernment	Addictive Habits	Withdrawal	Workaholism
<b>Relationship Stress</b>	Equal Empathy	Empathy	Social Anxiety	Cliques	Team Conflict
<b>Traumatic Self</b>	Self-Compassion	Resilience	Depression	Self-Attack	Inner Critic
<b>Social Myopia</b>	Giving & Taking	Genuine Engagement	Paranoia/ Agoraphobia	Isolation	Empathic Burnout
<b>Ineffectiveness</b>	Invoking Mentors	Mentorship	Narcissistic Wounds	Under-Performing	Leadership Obstacles
<b>Low Self-Image</b>	Role-Modeling Imagery	Prosocial Vision	Mood Swings	Perfect-ionism	Grandiosity/ Inferiority
<b>Critical Self-Talk</b>	Heroic Narrative	Empowering Speech	Self-Attack	Self-Destructive	Development Obstacles
<b>Visceral Stress</b>	Breath-Work	Embodied Flow	PTSD	Hyperactivity	Job Burnout
<b>Body Guarding</b>	Heroic Movement	Fearlessness	Development Trauma	Oppositional	Shutdown Exhaustion