

Finding Your Way Out of the Three Fears

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

☐

Thoughts?

☐

Heart?

☐

Body?

☐

None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



MindfulnessExercises.com/Finding-Way-Three-Fears

1. Which of the three fears (abandonment, engulfment, non-being) did you most experience today?

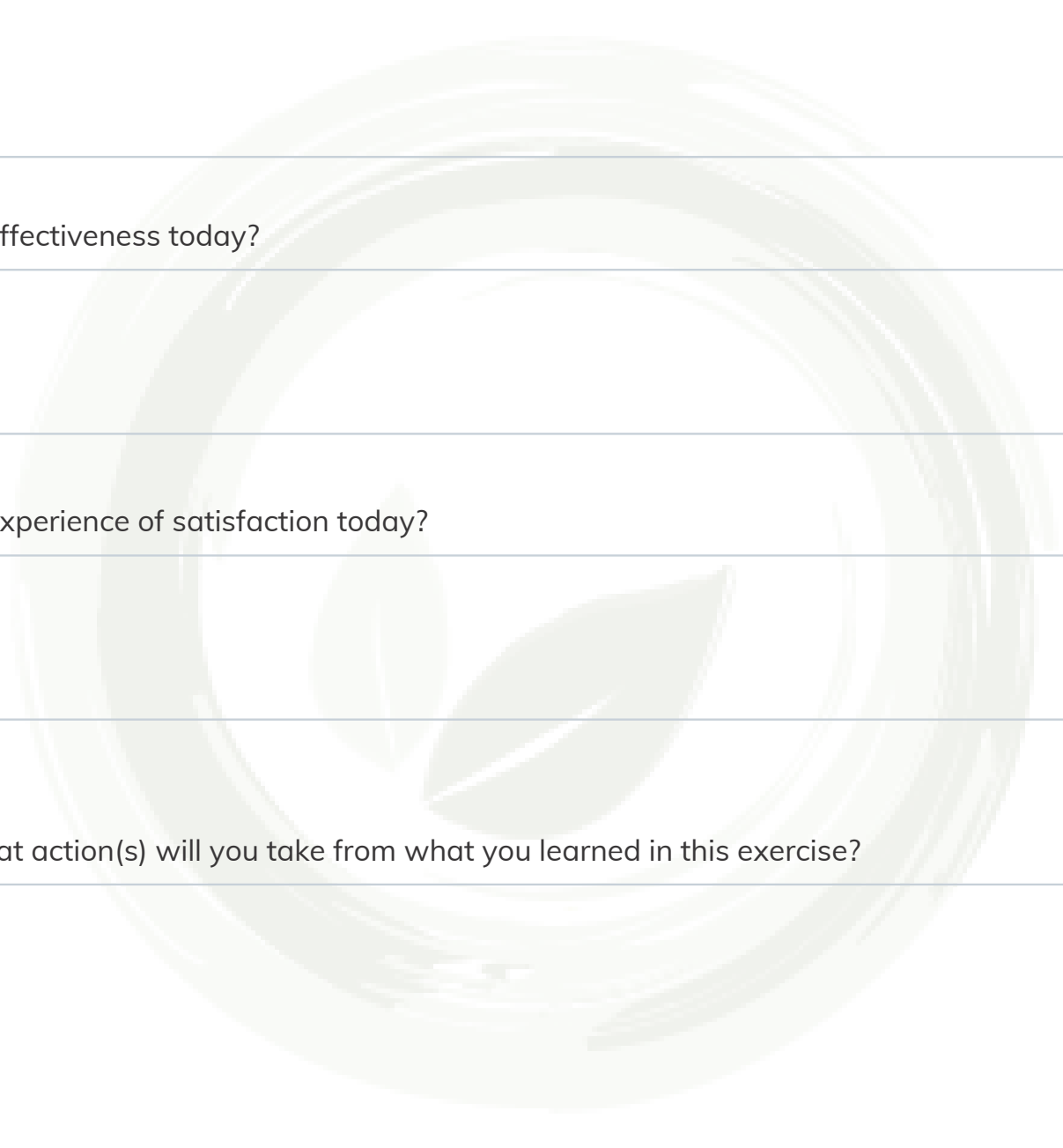
2. How did you organize your responses today around the following four poles? Why was that?

Finding Your Way Out of the Three Fears

Mindfulness Worksheet

3. How did #1 and #2 above affect:

Your connection with people today?



Your effectiveness today?

Your experience of satisfaction today?

4. What action(s) will you take from what you learned in this exercise?