

Mindfulness of Negativity

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/Mindfulness-Negativity

1. Note each time you react negatively to some event, some person, or to yourself.

2. Also notice whenever you speak negatively about some event, some person, or yourself.

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3. Do not judge yourself according to what you notice. Do not come to any conclusions by what you notice.

4. At the end of each day, quickly scan through your day and note again the incidents described in #2 and #3 above.

5. Be honest, complete, and non-judgmental in your observations.

6. How will you take what you learned from this forward into your life?