

Sensing Into Strong, Triggered Feelings

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/Sensing-Triggered-Feelings

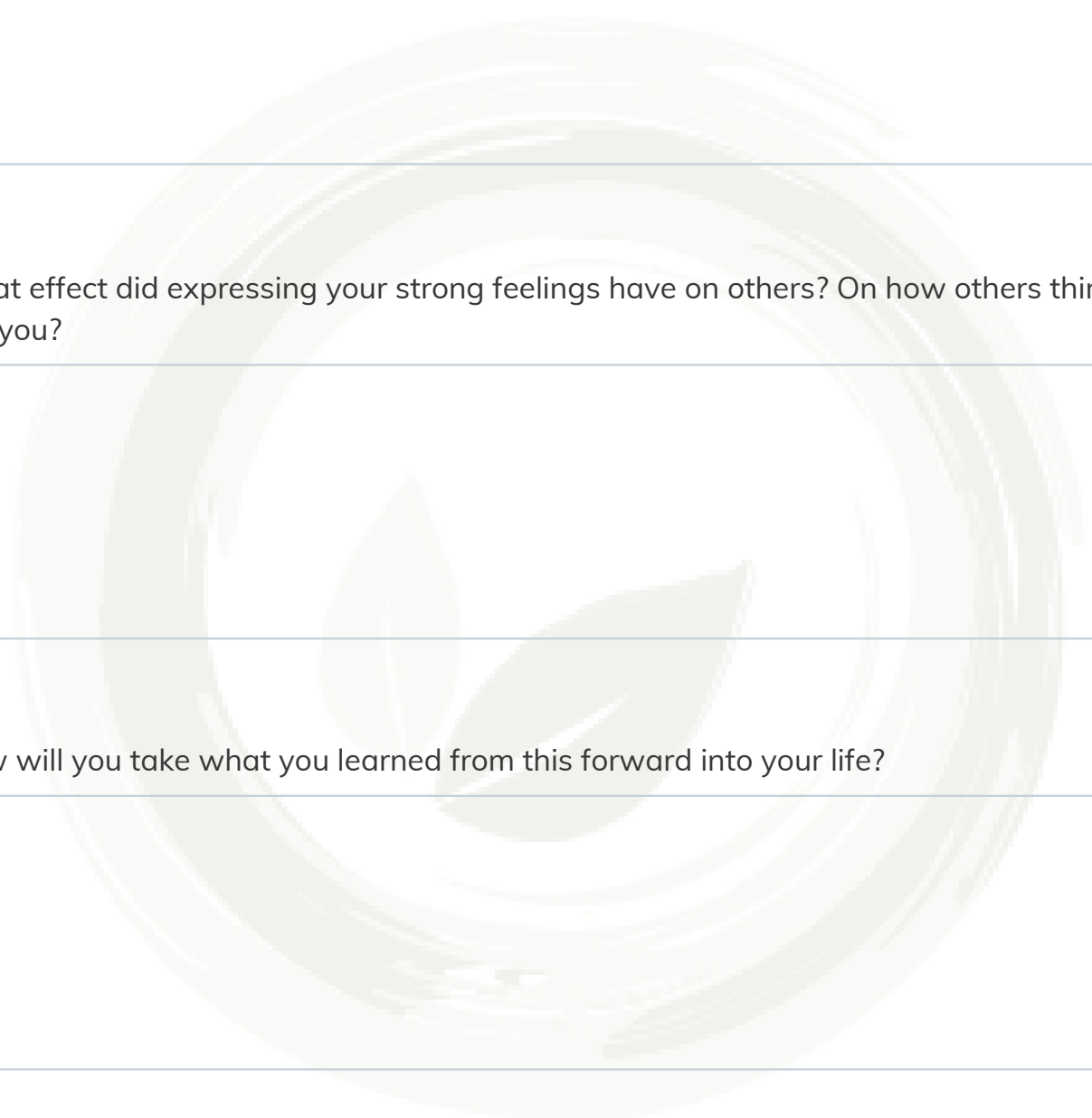
1. What event or conversation triggered strong feelings?

2. Specifically what were the feelings?

Sensing Into Strong, Triggered Feelings

Mindfulness Worksheet

3. How did you express your strong feelings?



4. What effect did expressing your strong feelings have on others? On how others think/feel about you?

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