

Understanding Your Self-Pity

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/Understanding-Self-Pity

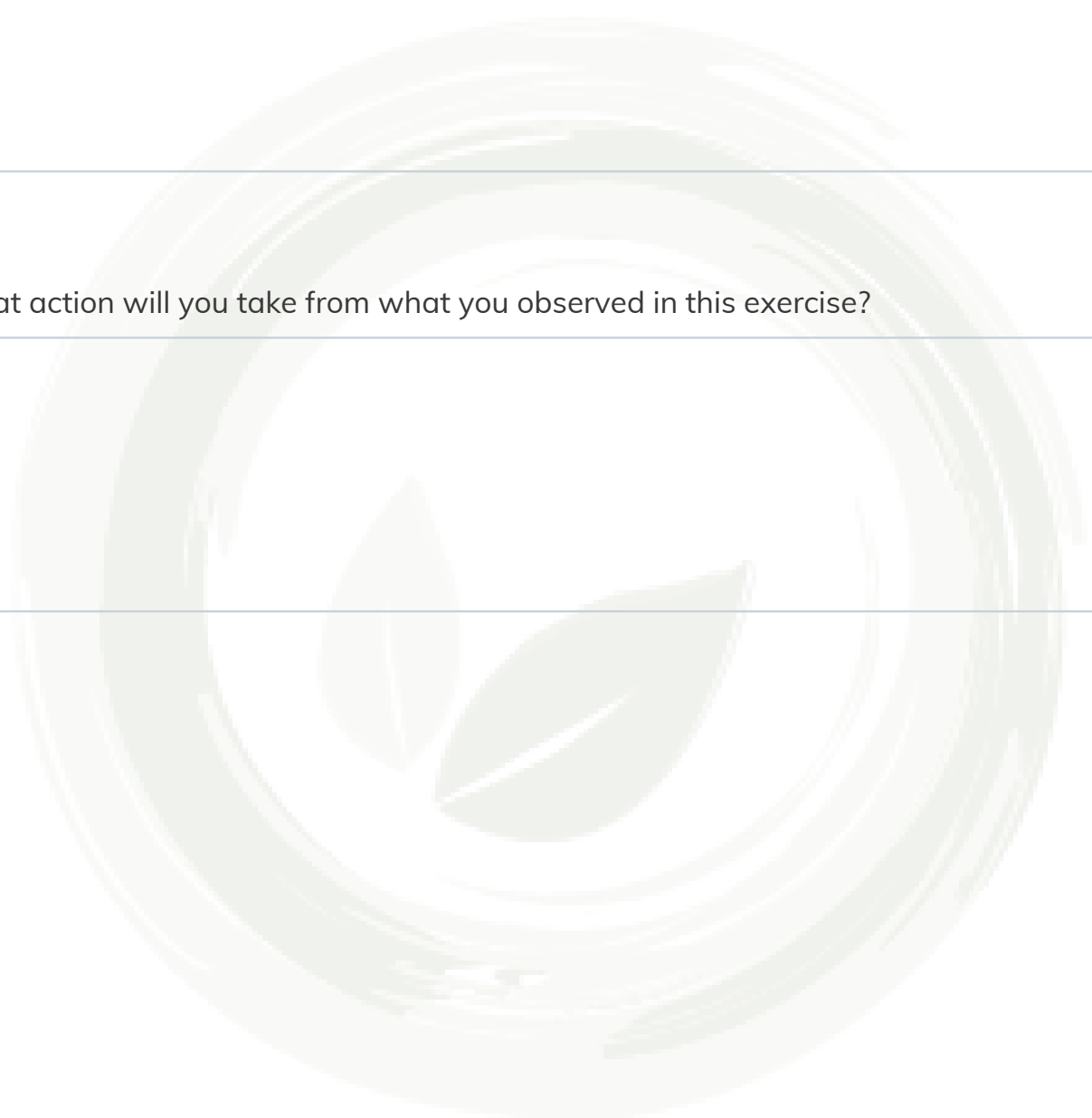
1. What hard work, conflict, suffering are you living with that no one else knows about or appreciates?

2. In what ways have the circumstances of life, your background, or the decisions of others injured you?

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3. What unfairness must you live with and somehow endure?



4. What action will you take from what you observed in this exercise?