

# Why Are You Withholding?

## 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/Withholding**

1. In what ways (or in what conversations) did you feel discontent, dissatisfaction or disconnection?

2. In what specific ways did you withhold yourself during this period of time?

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3. Why?



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