

Working with Judgments

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/Working-Judgments

Skillful Means

- Recognize and label judgements for what they are.
- Give judgements lots and lots of space.
- Give your judging voice a name and learn to pick out the tone, timbre and nuances of its way of speaking.
- Be kind, gentle and compassionate with yourself. Trust your basic goodness.

Exercise

1. Make a list of your judgements. Categorize each as a regret or a comparison (to others, to how you should be, etc.).
2. Pick a judgement associated with regret. For five minutes without stopping — at all — even for one second — write out all the regret associated with that judgement. Do not censure yourself. Write down everything that occurs to you. Go.

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3. Select a judgement associated with comparison. For five minutes without stopping — at all - even for one second - write out all the comparisons associated with that judgement. Do not censure yourself. Write down everything that occurs to you. Go.

