

Important Mindfulness Concepts

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



These mindfulness concepts are ones that often are discussed by the leading teachers and researchers, so having a working knowledge will help you to advance in your practice.

Acceptance: A concept of accepting the present moment, good or bad, with non-judgement.

Allocentric: Concerned with the interests of others more than one's own.

Altered Trait: A term developed by Daniel Goleman and Richard Davidson to describe how a behavior change can move from a temporary altered state to a permanently altered trait.

Anchor: A focal point to concentrate on during a meditation, the breath being most common.

Aversion: A strong repulsion, which can get in the way of acceptance of the present moment.

Balance: Having a balanced approach to life where both the good and bad can be handled.

Beginner's Mind: Remaining curious and open to new learning, even as experience grows.

Bell: A bell, or set of bells is often used to denote the beginning and ending of a meditation.

Being: The concept of simply being, instead of doing (We are human beings).

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Breath: The most common anchor used in focused-attention meditation practice.

Compassion: Concern over the pain of others, leading to the focused action of helping.

Contemplative Neuroscience: The field of science created by the study of Mindfulness.

Default Mode Network: Brain processes related to self-related thinking & mind-wandering.

Desire: Something greatly sought, making it harder to accept the present situation.

Emotional Granularity: The ability to think deeply about specific, delineated emotions.

Emotional Intelligence: A term describing the level of self-awareness, social-awareness and emotional regulation that a person exhibits.

Embodiment: The concept of how the body manifests the emotional state of the mind.

Equanimity: Mental calmness, composure and evenness of temper, even during stress.

Intention: A person's internal commitment to an action that one plans to accomplish.

Interoception: Perceiving the condition of the inner sensations of the body.

MBCT: Mindfulness Based Cognitive Therapy, used as a cognitive behavioral therapy, developed in the 1990's as an alternative to MBSR for use in clinical therapeutic settings.

MBSR: Mindfulness Based Stress Reduction, introduced in 1979 as a method to help people with chronic medical conditions to manage the pain and emotions of their illness.

Meditation: A deep state of contemplation and heightened awareness, focusing the mind on the subtleties of both external stimuli and internal states of being.

Metacognition: The ability to think about one's own thoughts as they are occurring.

Negativity Bias: The brain's effect of placing more emphasis on negative thoughts.

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Neuroplasticity: The concept of the brain's ability to grow and rewire throughout one's life.

Neuroscience: The scientific study of the brain and nervous system.

Non-Judgmental: A concept of approaching situations and conditions without judgement.

Pendulation: A technique during meditation where painful memories are approached by gently swinging in to the memory, and then swinging out when the emotion is too intense.

Proprioception: The ability to sense bodily movement, actions, and location within a space.

Resilience: The capacity to withstand adversity and recover from difficult situations.

Somatic: Pertaining to the characteristics of the body and how experience is felt.

Notes:

