

# Addressing Another's Concerns

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

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



Worry and concern are feelings we all experience from time to time. When we feel concerned about something, it is usually at the top of our mind's priority list.

We might strategize ways of managing the thing we are concerned about or we might mindfully tune into the thoughts, fears, and emotions we are experiencing.

Other people have concerns that sometimes line up with our own but not always. In fact, there are many times in life when we are present with someone who is concerned about something that does not impact us in the same way.

How can we best address another's concern in this case?

This written exercise invites you to reflect upon the concerns of others, inquiring about how you can mindfully and compassionately support another person when worry is on their mind.

Before jumping into these questions, take a moment to find a comfortable place to sit. Close your eyes and breathe mindfully for three to five minutes. Once you feel settled, turn towards these questions with curiosity and compassion.

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### REFLECTION:

1. Think about a loved one who is currently worried or concerned about something in their life. Whether the concern is small or large, what is it that they are concerned about?

2. How do you judge or perceive their concerns? Write down any words that come to mind, such as misinformed, silly, justified, or unjustified.

3. Now, regardless of how you assess the validity of their concerns, close your eyes and connect with the heart of this person. See if you can make contact with your shared humanity. If their worries are very heavy, maintain a healthy and supportive distance between yourself and the concerns of this person.

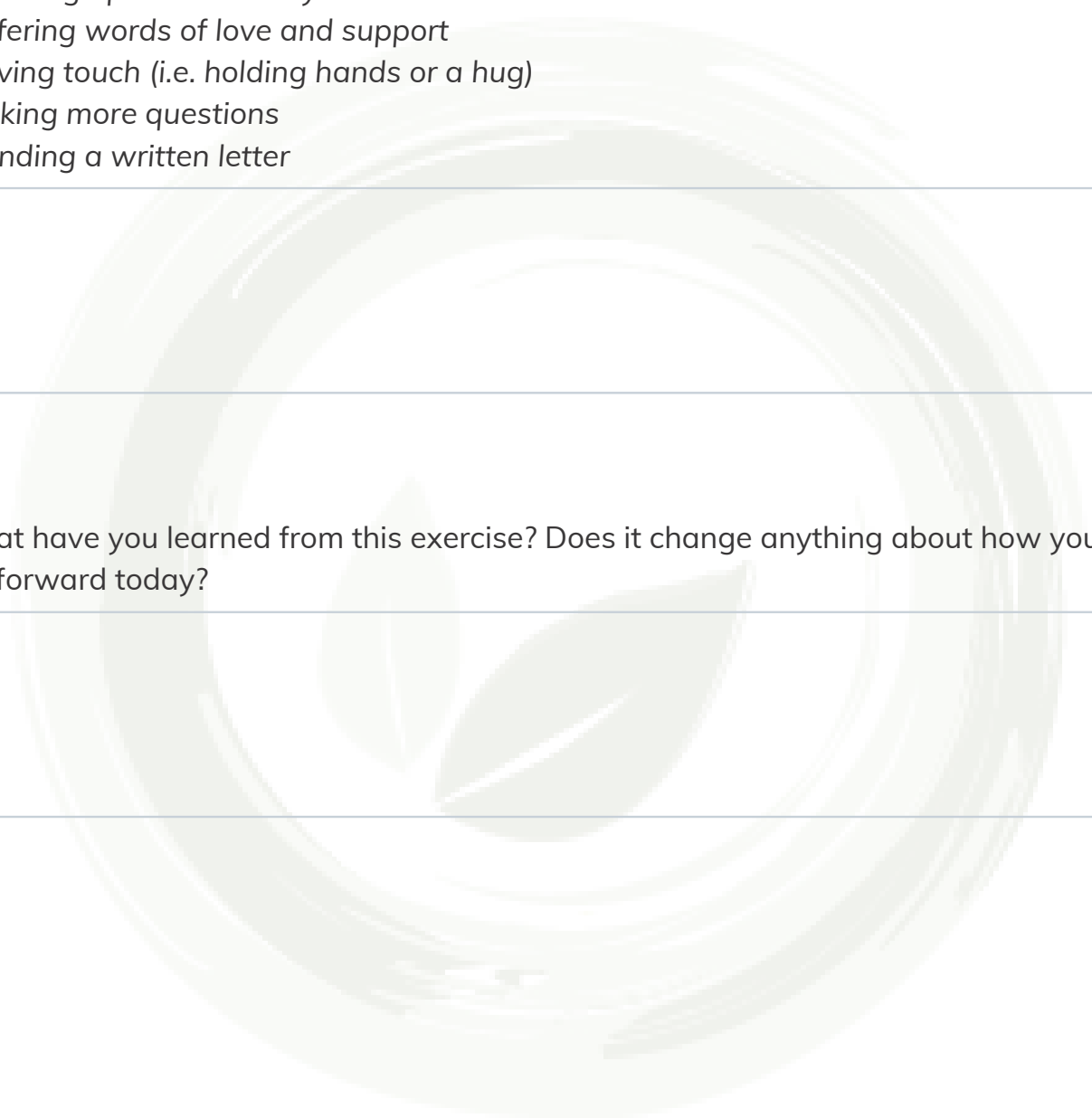
4. From the compassionate place inside of you, consider how you might be able to support this person today. If you are unsure of how to proceed or how best to support them, take your time with this reflection.

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Examples of things you might write down include:

- Providing an act of service
- Opening up with curiosity
- Offering words of love and support
- Loving touch (i.e. holding hands or a hug)
- Asking more questions
- Sending a written letter



5. What have you learned from this exercise? Does it change anything about how you will move forward today?