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Another Beautiful Life
COACHING

[For a complete understanding of how to best use this worksheet, read the Exercising Mindfulness pdf first. For more information on Mindfulness, listen to Another Beautiful Life Podcast Episode 84 – Mindfulness Could Save Your Life.]

Exercising Mindfulness Worksheet

Step One: Process the Emotions –

Close your eyes and breathe in and out a few times.
Take your time to tap into the particular feeling.
Do not rush through this, especially if this is a new process for you.

What is the emotion you are feeling? Name it: _____

Where do you notice the emotion in your body? _____

Describe it: What does it feel like? _____

Describe it: Does it have a shape? _____

Describe it: What is its size? Small? Large? _____

Describe it: Does it have a color? _____

Describe it: Is it spinning or moving? _____

Describe it: Does it move through your body? If so, does it leave one part of your body and move into another? Or does it consume different parts of your body as it moves? _____

Breathe and sit with the feeling for a minute. Just let it be there.

Ask yourself and let your mind answer: Why is this emotion here? What's the purpose? _____

Notice if it's changing (shape, color, movement) or dissipating at all.
Breathe.

Give yourself compassion for the process.

Step Two: Process the Thoughts

Start by asking yourself *why* you are experiencing that particular emotion. For example, “Why am I sad? What is it that has made me sad?” Notice that you will usually point to a circumstance as the source of your sadness. But the real source of your emotion is your thoughts about the circumstance. Write this out:

Then ask yourself, “What am I thinking about (circumstance) that makes me feel (emotion)?” Explore all the different thoughts you have about the circumstance and write them down:

Read your thoughts back to yourself. Are you able to catch any lie-based beliefs? Can you identify any thoughts that are “half-truths”? Are your thoughts based on assumptions?

With your logic and reasoning, go through each thought and reframe the story you’re telling yourself. What lies can you dispel with truth? What does your logic tell you about what you say you believe? Where could you bring sound reasoning to make sense of what you’re thinking?

Now, write out your new thoughts using Bridge Thoughts if necessary:
