

# Breaking Patterns of Self-Judgment

## 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/Breaking-Patterns-Self-Judgement**

1. What judgments did you make about yourself?

2. What circumstances were associated with these judgments?

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3. In what ways was your judgment grounded?



4. What pattern(s) of judgment(s) are you beginning to notice?

5. How will you take what you learned from this forward into your life?