

Effecting and Being Effected

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/Effecting-Effectuated

1. What way of thinking did I use? What stories did I believe? What were the consequences of this?

2. What way of reacting/responding used me? What were the consequences of this?

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3. What aspect(s) of myself (bodily, verbally, socially, emotionally, etc.) did I express? Not express?



4. What action(s) will I take from what I observed in this exercise?

5. Observe your internal states as well as what you show the world.