

Evaluating Your Self-Punishment 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/Evaluating-Self-Punishment

1. In what ways did you punish yourself during this period of time?

2. What did you do to deserve this punishment?

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3. Are there any other viable ways you could respond to what happened besides punishing yourself?



4. Are you willing to take these viable alternate ways? If so, why? If not, why?

5. What action will you take from what you've observed?