

Experiencing Strong Emotions While Communicating

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



1. What emotions did you experience while communicating?

2. With what earlier incidents in your life were these experiences associated?

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3. What part did these emotions play in what you communicated? In what you held back?



4. What action will you take from what you observed in this exercise?

Additional Notes: