

# Finding Your Way Out of the Three Fears

## 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/Finding-Way-Three-Fears](http://MindfulnessExercises.com/Finding-Way-Three-Fears)**

1. Which of the three fears (abandonment, engulfment, non-being) did you most experience today?

2. How did you organize your responses today around the following four poles? Why was that?

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3. How did #1 and #2 above affect:

Your connection with people today?

Your effectiveness today?

Your experience of satisfaction today?

4. What action(s) will you take from what you learned in this exercise?