

How to Untie Mental Knots

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/Untie-Mental-Knots](https://www.MindfulnessExercises.com/Untie-Mental-Knots)

POINTS

- Our thinking wrings us out emotionally and energetically.
- We think ourselves into dead-ends — no possibility for resolution.
- We think ourselves out of relationship and into isolation.

SKILLFUL MEANS

- Testing our assumptions by asking.
- Grounding our assessments on observation.
- Learning (by self-observation) how we fill in the unseen.
- Remembering always that thinking is always only partial and will never be complete (see history of science and philosophy).

EXERCISE

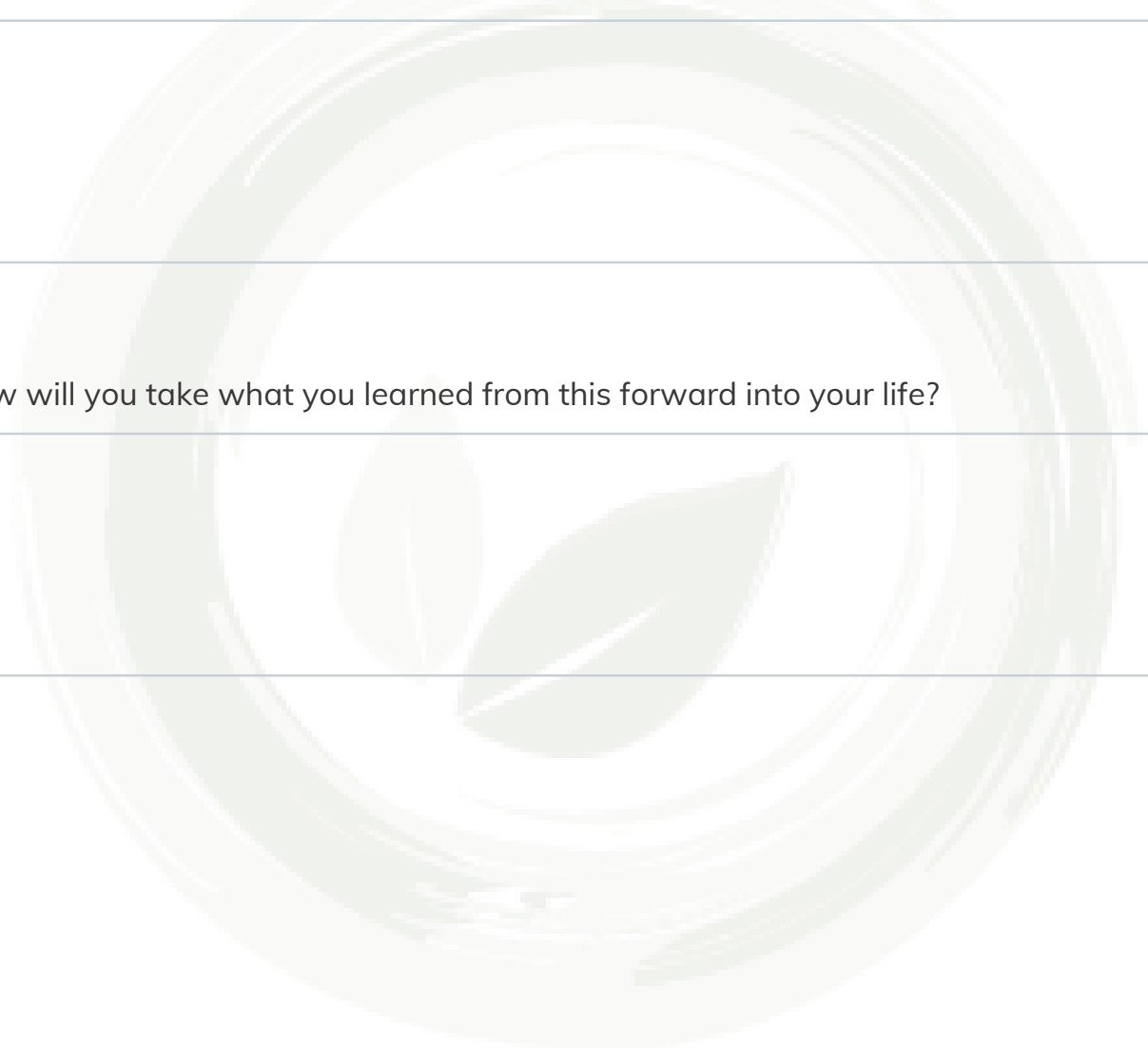
1. Pick a partner. Say who will go first.
2. Partner one, select a topic of confusion and give enough background so your partner can understand it.

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3. Partner Two, listen for (and report to your partner):

- The untested assumptions.
- The grounding for assessments — or its absences.
- How the person filled in the unseen.
- Rules, beliefs, generalizations, e.g., “everyone knows...,” etc.
- The avoidance of responsibility — bad faith and blame.
- How inaction and self-imposed suffering is justified.



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