

Increasing the Power of Our Relationships

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



PREMISES

1. We can only encounter our own structure of interpretation. It's transparent to us.
2. This is also the case for everyone else.
3. We cannot change what others do/are and it wouldn't necessarily change our experience if we could. See #1.
4. Our power in relationship follows from our employing them to learn about ourselves, our connection to others, and service.

Process One: Individual Issues

For each category of person listed below:

- a. List the name of each person, and
- b. List the particular concern/issue you have with that person (including hurts, disappointments, frustrations, confusions).

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Father

Mother

Sister(s)

Brother(s)

Spouse

Children

Lover(s)

Friends

Co-workers

Boss

Customers

Enemies

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Process Two: Patterns of Issues/Concerns

Read over what you listed in Process One. What patterns do you observe? What way(s) do you typically experience issues / concerns in relationships? In what way(s) do you react, feel, express yourself, and withhold yourself based on these issues / concerns?

For each category, write 1-2 sentences summarizing the patterns you detected.

Father

Mother

Sister(s)

Brother(s)

Spouse

Children

Lover(s)

Friends

Co-workers

Boss

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Customers

Enemies

Write 3-4 sentences summarizing what patterns you detected in your relationships overall.

Process Three: Qualities I Admire

For each category of person listed below, list the name of each person, and list the qualities you admire about that person.

Father

Mother

Sister(s)

Brother(s)

Spouse

Children

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Lover(s)

Friends

Co-workers

Boss

Customers

Enemies

Process Four: Patterns in What I Admire

Read over what you listed in Process Three. What patterns do you observe? What is the typical way(s) you admire people? In what way(s) does what you admire effect how you react, feel, express yourself, or withhold yourself?

For each category, write 1-2 sentences summarizing the patterns you detected.

Father

Mother

Sister(s)

Brother(s)

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Spouse

Children

Lover(s)

Friends

Co-workers

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Write 3-4 sentences summarizing what patterns you detected in your relationships overall.