Noting the Effects of Feeling Unappreciated

Mindfulness Worksheet

Date / Time:	So far today, ha Thoughts?	ve you brough Heart?	nt kind awareı Body?	ness to your: None
To begin this Meditation, please	bring kind aw	areness to		
 why you chose this topic how your belly, chest, and head the emotions that you can assoc the positive or negative impact of the fact that many others are feed how you might feel with increas when you can apply increased no 	ciate with these of any stories you eling similarly about awareness and	visceral feelin u believe in re bout this topic round this top	gs garding this as you oic	
MindfulnessExercises.	com/Noting-Eff	ects-Feeling-	Unappreciat	ted
1. In what specific ways did you fee	el unappreciated	l, unacknowle	edged, or sligl	hted?
2. In what specific ways did you fee	el unappreciated	l, unacknowle	dged, or sligl	hted?



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3. In what ways are you planning (or imagining) to get even for what was done to you?
A le there a conce that forgiveness is possible? If not now when?
4. Is there a sense that forgiveness is possible? If not now, when?
5. How will you take what you learned from this forward into your life?