

Practicing the Art of Resolving Conflicts

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. Begin to observe how you resolve conflicts within and between commitments (e.g., uses of time, money, energy, with whom to spend time, etc.).

2. Keep observing to discover what is the real (as distinct from theoretical) basis for your choices.

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3. What surrounding events (your mood, the preferences of others, your level of energy) shape your choices in resolving these conflicts?



4. What are you learning about the way people's lives come about?

Additional Notes: