

# Sensing Into Strong, Triggered Feelings

## 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/Sensing-Triggered-Feelings](https://www.MindfulnessExercises.com/Sensing-Triggered-Feelings)

1. What event or conversation triggered strong feelings?

2. Specifically what were the feelings?

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3. How did you express your strong feelings?



4. What effect did expressing your strong feelings have on others? On how others think/feel about you?

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