

Sizing Up Your Mechanical Reactions

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/Sizing-Mechanical-Reactions](https://www.MindfulnessExercises.com/Sizing-Mechanical-Reactions)

1. Start observing the rote, mechanical way(s) you react.

2. Note especially the mechanical way you talk, but also include your emotions, resolutions, thoughts, and body movements in your observations.

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3. Do not attempt to change anything, merely observe. Also, don't be critical of yourself, and don't judge, conclude, or resolve.



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