

The Nest of Pain

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



When we experience pain of any sort – from the emotional to the physical – we often contract away from the world in an effort to protect ourselves.

As we draw ourselves inwards (literally and metaphorically), we create a small nest for ourselves.

And while there are times in life when retreating is the best way we can take care of ourselves, our nest can become all too comfortable and even inhibiting.

Sometimes, the comforts of this nest (even where pain is still present) prevent us from opening ourselves back up to others – and to the world at large.

This exercise invites us to consider where we have contracted into a metaphorical nest and where we might be ready to open up and break free of its confines.

As you answer the following reflection questions, know that there is no right or wrong words to express. Nothing is expected of you, so simply use this as a tool for self-discovery.

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REFLECTION QUESTIONS:

1. Have you built yourself a nest to protect yourself against pain? How has it served you?



2. How would you describe your nest? Use as many adjectives as you can, even if some of them seem contradictory to others. Nothing is ever black or white.

3. In what ways does this nest support you and in what ways does it inhibit you?

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4. What do you fear might happen if you step beyond the nest? If you express yourself or put yourself out there in a vulnerable way?



5. What are the potential gifts that might come to you if you step outside of this comfort zone?

6. How might you safely explore what lives beyond your nest? You likely already do this in certain ways, so consider the next, slightly bigger steps you might take. Note what you can do daily to slowly open yourself up to the larger world.