

Addressing Fear, Doubt, and Uncertainty

Worksheet for Mindfulness Teachers

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



All mindfulness and meditation teachers experience fear and doubt at some point during their journey into sharing their teachings. Fear and uncertainty are a part of the human experience, and yet they do not have to override or rule our decisions.

As mindfulness teachers, we can use our moments of self-doubt, insecurity, and uncertainty to practice our own teachings. By mindfully turning towards these thoughts and feelings we can learn from them, and help them dissipate.

This worksheet is designed for aspiring or new mindfulness teachers who are feeling uncertain about their role as a mindfulness teacher. As you begin this practice and the reflection questions, cultivate the same compassion, curiosity, and patience you would offer to those you teach.

PRACTICE:

1. Find a quiet place to sit comfortably for the next five to ten minutes. Close your eyes, feel into the surface beneath you, and ground yourself through a few mindful breaths.
2. As you sit quietly, notice any thoughts or feelings that arise as you consider your role as a mindfulness teacher. Refrain from judging or analyzing these inner voices or sensations. Simply become aware of them.

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- What is the mind saying?
 - How does the body feel?
3. Spend anywhere from three to ten minutes minding your experience. Note the thoughts that have a recurring pattern. Become a mindful, wise witness of whatever is moving through you.
 4. Before closing the practice, take three long, slow breaths. Feel into the earth beneath you to ground yourself back into your physical environment and then slowly open your eyes.
 5. Continue with the following reflection questions when you are ready.

REFLECTION QUESTIONS:

1. What did you notice in your body when you considered your role as a mindfulness teacher? How would you describe the sensations you experienced?

2. What thoughts or beliefs did you become aware of during this practice? What were the stories playing out in your mind?

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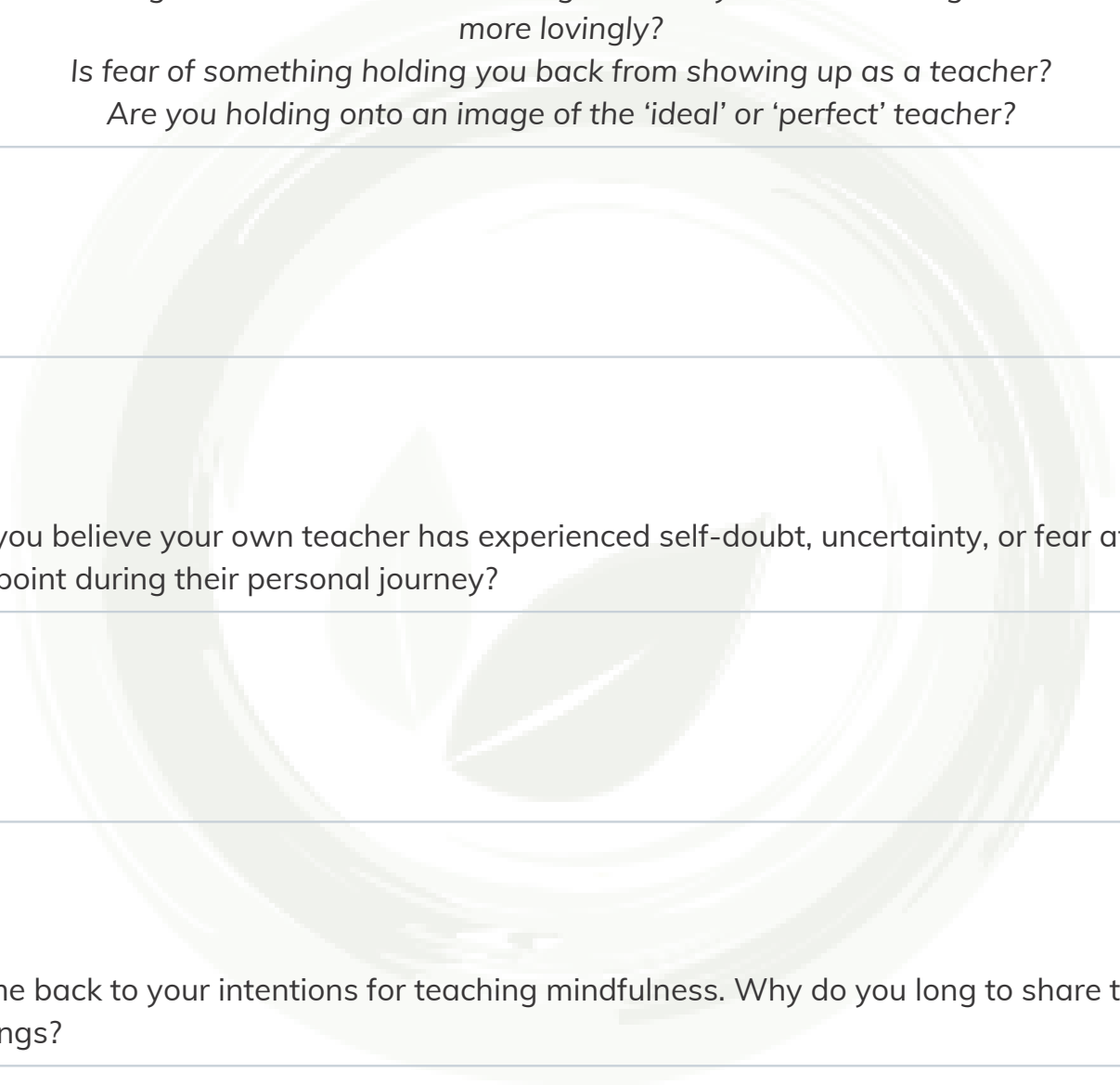
3. Without either latching onto or pushing these thoughts away, consider what they might be signalling to you. Cultivate curiosity and compassion. As you explore, consider the following:

Is there a desire to hone your skills to a greater degree?

Are certain thoughts and emotions a recurring theme in your life that long to be addressed more lovingly?

Is fear of something holding you back from showing up as a teacher?

Are you holding onto an image of the 'ideal' or 'perfect' teacher?



4. Do you believe your own teacher has experienced self-doubt, uncertainty, or fear at some point during their personal journey?

5. Come back to your intentions for teaching mindfulness. Why do you long to share these teachings?

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6. Is sharing mindfulness worth the discomfort of stepping beyond your fears and limiting beliefs? If yes, how might you support yourself in this journey?

ADDITIONAL ITEMS TO CONSIDER:

- Sometimes fear and uncertainty stem from the thought that teachers are/should be better than, smarter than their students. Or they should be perfect.
- This relies on a sense of separation. (I identify as teacher, and see you as student)
- In what way are you (unconsciously) expecting yourself to show up as better than, wiser than, separate from? How does this relate to your concept of “perfection?”
- Practice understanding that what connects us to each other are our vulnerabilities.
- Allow yourself to show up as a ‘real person’ who is also on a journey
- Practice dissolving the identifiers of teacher/student - who is teaching whom?
- What you’re feeling makes you human, and humans make the best teachers for other humans.
- Practicing meditation resolves our doubts when we realize the benefits.
- In the same way, teaching resolves our doubts when we realize we’re the ones who learn - so just go do it! It won’t be perfect, and you’ll learn exactly what you needed to. Which makes it perfect.