

Building Empathy

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. In this exercise, your attention stays focused on other people.
2. In at least three major encounters each day, do the following:
 - Imagine that you are the person to whom you are speaking.
 - Experience the world fully as this person.
 - Maintain this point-of-view as long as you can during the encounter.
3. When you find yourself upset, disappointed or frustrated with someone during the term of exercise, follow the instructions of #2.
4. Each day in your journal, record what you learned about yourself and others from doing this exercise. Each week, summarize what you have learned.
5. Be honest, complete, and non-judgmental in your responses.

Thank you for your mindfulness practice.