

Mindful Self-Analysis

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. You have learned how mindfulness can help with stress reaction and through journalling you have discovered some of your stressors and habitual patterns that exacerbate your stress and anxiety. You have practiced mindful breathing, the body scan and mindful meditation.

2. Now it is time to combine these practices and incorporate them with mindful self-analysis to specifically work with stress and anxiety by focusing on the situations and issues that are most relevant to your stress and your life.

3. Mindful self-analysis is an exploration of your own mind and being by looking into the emotions, thoughts, and physical sensations that may be exacerbating anxiety and stress and acknowledging stressful or anxious feelings without analyzing, restraining or promoting them.

4. Acknowledging stressful and worrisome feelings can often help to dispel them.

5. By exploring these concerns without fighting them or running away from them, you get the chance to discover the underlying cause of your concern and break free of the mind snares that these concerns create.

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6. During the next week, try a self-analytic approach to stressful situations and examine your feelings mentally, emotionally and physically without judgment. Were you able to dispel any stressful or worrisome feelings by acknowledging them?

7. Take a moment to write down any stressful situations you encountered over the week and how you dealt with those situations.

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