

MINDFULNESS WORKSHEET 2 (Mindfulness Handouts 2–5c)

Mindfulness Core Skills Practice

Due Date: _____ Name: _____ Week Starting: _____

Describe the situations that prompted you to practice mindfulness.

SITUATION 1

Situation (who, what, when, where):

- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-mindfully
- Effectively

At left, check the skills you used, and describe your use of them here.

Describe experience of using the skill:

Check if practicing this mindfulness skill has influenced any of the following, *even a little bit*:

- Reduced suffering
- Increased happiness
- Increased ability to focus
- Decreased reactivity
- Increased wisdom
- Increased experiencing the present
- Increased connection
- Increased sense of personal validity

SITUATION 2

Situation (who, what, when, where):

- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-mindfully
- Effectively

At left, check the skills you used, and describe your use of them here.

Describe experience of using the skill:

Check if practicing this mindfulness skill has influenced any of the following, *even a little bit*:

- Reduced suffering
- Increased happiness
- Increased ability to focus
- Decreased reactivity
- Increased wisdom
- Increased experiencing the present
- Increased connection
- Increased sense of personal validity

List any and all wise things you did this week. _____