

**MINDFULNESS WORKSHEET 1** (Mindfulness Handouts 1, 7)

**Pros and Cons of Practicing Mindfulness**

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Make a list of the pros and cons of practicing mindfulness skills.  
 Make another list of the pros and cons of *not* practicing mindfulness skills.  
 Check the facts to be sure that you are correct in your assessment of advantages and disadvantages.

**Rate Willingness to Practice** (0 = None; 100 = Very High) **Before:** \_\_\_\_\_ **After:** \_\_\_\_\_

Fill this worksheet out when you are:

- Trying to decide whether to work on becoming more mindful of the moments in your life.
- Feeling willful; saying no to letting go of emotion mind or extreme reasonable mind.
- Resisting observing the present moment, rather than escaping it or trying to control it.
- Resisting giving up your interpretations of others or yourself, rather than just describing.
- Resisting throwing yourself into the flow of the moment; wanting to stand on the outside.
- Feeling threatened whenever you think of letting go of judgments.
- Not in the mood for being effective instead of proving you are right.

When you are filling out this worksheet, think about these questions:

- Is a mindless life in your best interest (i.e., effective), or not in your best interest (i.e., ineffective)?
- Will refusing to go into Wise Mind solve a problem, or make a new problem for you?
- Is observing the moment without reacting to it immediately likely to increase your freedom, or decrease it?
- Is being attached to your thoughts instead of the facts you can describe useful, or not?
- Is staying judgmental helping you change the things you want to change, or getting in the way?
- Is it more important to be effective, or to be right?

<b>PROS</b>	<b>Stay Mindless, Judgmental, Ineffective</b> _____ _____ _____ _____	<b>Practice Mindfulness</b> _____ _____ _____ _____
<b>CONS</b>	<b>Stay Mindless, Judgmental, Ineffective</b> _____ _____ _____ _____	<b>Practice Mindfulness</b> _____ _____ _____ _____

**What did you decide to do?** \_\_\_\_\_  
**Is this the best decision (in Wise Mind)?** \_\_\_\_\_  
**List any and all wise things you did this week.** \_\_\_\_\_

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