



Mindfulness and insight meditation guidance and events for all levels ... because enlightenment doesn't care if you're wearing yoga pants.

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Mindfulness in Blue Jeans presents

The Control Freak Series

Suggested Use

Thank you and welcome to the Control Freak series! You may use these resources repeatedly and any way you like; however, it's recommended to follow this process at first:

Practice with the sessions in the order below, one per day.

1. Calming Your Inner Control Freak
2. Stop Poking the Bear
3. The Limits of Control

Immediately after each one, fill out its companion worksheet as much as possible to capture your initial insights. Keep it handy until you practice with the next session, and continue adding whatever comes up throughout the day.

Once all three worksheets are filled, note any patterns you see. If something keeps appearing, there's a reason for that!

Repeat this process about one week later, and then periodically as often as desired. Note if anything has changed each time.

Questions? Contact Mindfulness in Blue Jeans anytime using the information to the left!