



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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Control Freak Series, Part I:

Calming Your Inner Control Freak

Guided Session Companion Worksheet

1. What makes up the totem pole you're working with right now?
 - External situation/event:
 - Sense perceptions:
 - Thoughts:
 - Feelings:
 - Reactions:
2. What discomfort from uncertainty are you experiencing that might be propping up your totem pole?
3. What instances of negativity bias do you find yourself experiencing? (There's nothing wrong with seeing possible risks or danger clearly; we're just noticing where the effect is happening to determine whether we're *actually* seeing things clearly.)