



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 II:

### Stop Poking the Bear

#### Guided Session Companion Worksheet

1. What obsessive thought is the bear you've been poking?
2. What is your underlying motivation for returning to this repetitive thinking?
3. What is the chronic pain you're feeling as a result?
4. Are there similarities between this thinking and the thoughts in the middle of your totem pole from Calming Your Inner Control Freak? (Or are they the same?)