

Awareness, Acceptance, Compassion & Balance Mindfulness Worksheet

This worksheet can help you process uncomfortable events in a non-judgmental, mindful way. Complete each of the sections below to bring more awareness, acceptance, compassion, and balance to a particular area of your life.

- 1) First, as objectively and non-judgmentally as possible, briefly describe the specific event you would like to process.

- 2) Next, fill out the tables below according to the instructions.

Awareness: Non-judgmental noticing

Describe the feelings in your body; what thoughts you are having; what's happening in your physical environment; and if there were other people in the physical space during the event, who the other people are and what they are doing. Be as objective as possible. Examples are in grey.

<i>In my body I notice...</i>	<i>In my thoughts I notice..."</i>	<i>In my environment I notice...</i>
<ul style="list-style-type: none"> • Tightening of chest • Pressure behind eyes 	<ul style="list-style-type: none"> • "He's trying to hurt me" • "He doesn't like me" • "I'm not doing this right" 	<ul style="list-style-type: none"> • Office furniture, plants • Noises from phone • Pictures of family • Other people walking by periodically

Acceptance: Allowing resistance to dissipate

List original thoughts you have about the event that indicate **resistance**, or a wish that the event had not happened or had happened a different way. Then, list thoughts that indicate complete non-judgmental acceptance of the event, such as "*it must have happened for a good reason*" or "*it couldn't have happened any other way.*" Examples are in grey.

<i>Original thoughts</i>	<i>Suggested thoughts for more acceptance</i>
<ul style="list-style-type: none"> • "I can't do this" • "He shouldn't be talking to me this way" 	<ul style="list-style-type: none"> • "There are good reasons that we had that conversation" • "We had the conversation so I can learn something new"

Compassion: Moving from fear into love

List the original thoughts you have about yourself or others that indicate anxiety, contempt, anger, or other fear-based emotions. Then, list thoughts that reflect unconditional love for yourself and/or others, such as “*I am perfect exactly the way I am right now*” or “*I love you so much.*” Examples are in grey.

<i>Original thoughts</i>	<i>Suggested thoughts to move into compassion</i>
<ul style="list-style-type: none"> • “Nothing I do will ever make him happy” • “He has no empathy for anybody else” 	<ul style="list-style-type: none"> • “I know we are both doing our best” • “I am doing a good job” • “He was obviously more upset than usual, maybe there are other things in his life that are causing him stress”

Balance: Finding a happy medium

If you have a lot of fear and other uncomfortable emotions around this event, consider waiting to do this section until you have worked through awareness, acceptance, and compassion for a few similar events. You may also want to try the [“Turning Emotion into Action” worksheet](#). If you have a lot of trouble with this section, it is a good indicator that you need to work on the first three more.

If you are ready, describe your original behavior that you are thinking you might like to change. Then, describe what you think might be the complete opposite of your original behavior – a total pendulum swing to the other side. Finally, find what you think might be a happy medium, or a first step, that you can try. For example, if your original action was to stay quiet when you felt like you were being disrespected, the opposite action might be to stand up and say “*I refuse to be treated in that way!*” to the person. A balanced action could be to decide to excuse yourself from the situation the next time it happens so you can gather your thoughts and decide what to do. Examples are in grey.

<i>Original action</i>	<i>Opposite action</i>	<i>Balancing action</i>
<ul style="list-style-type: none"> • Stood up and walked out in the middle of the conversation 	<ul style="list-style-type: none"> • Stayed and agreed with everything he said 	<ul style="list-style-type: none"> • Let him know I was feeling really uncomfortable, and excused myself until I was feeling better