

Mindfulness of Triggering Others

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Mindfulness of Triggering Others, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



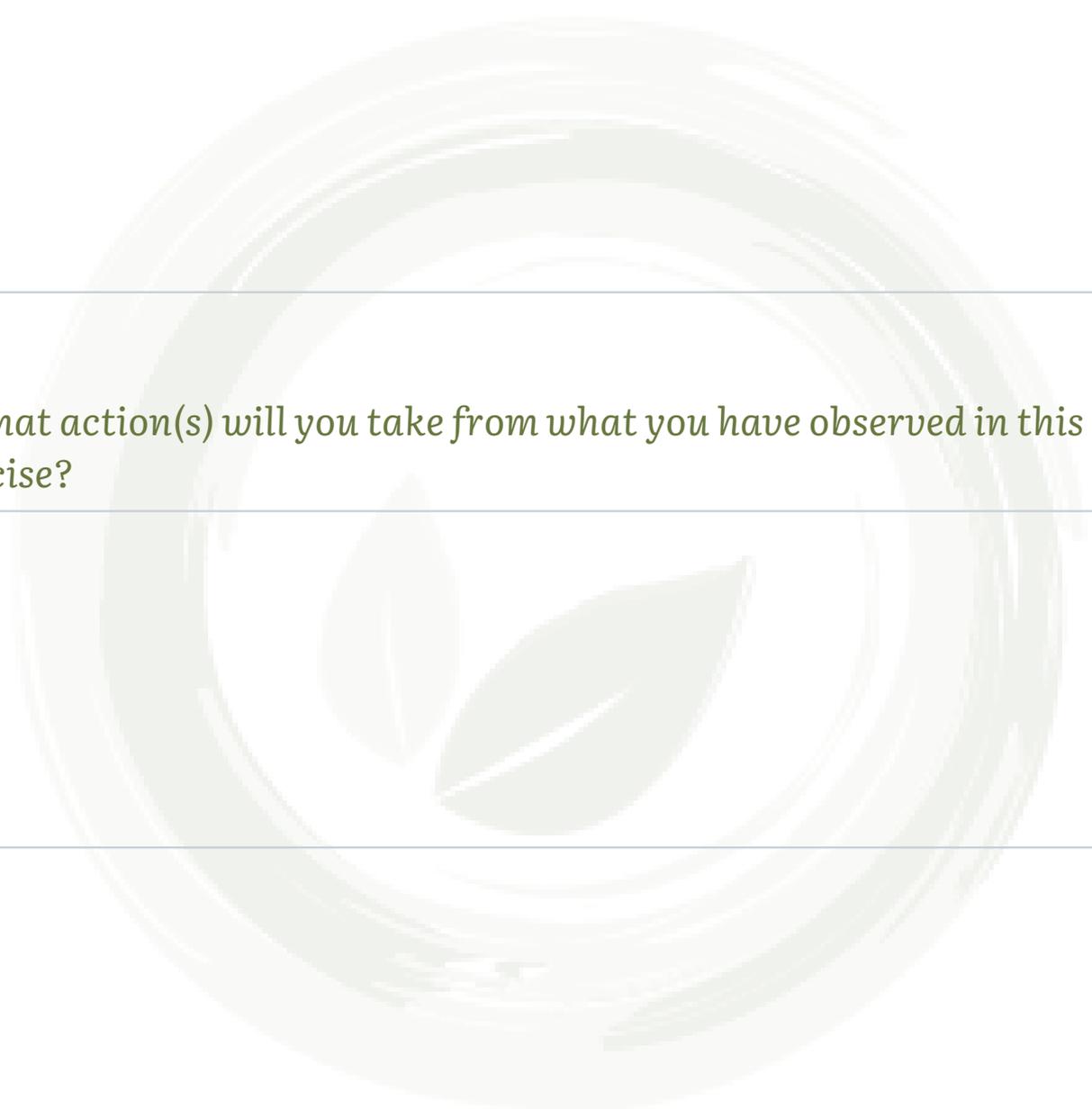
1. What feeling(s) did you trigger in others at work today?

2. What action/conversation of yours triggered the feeling(s) in others?

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3. What effect did the triggering have upon your work? Your relationships? The work of others?



4. What action(s) will you take from what you have observed in this exercise?

Thank you for your mindfulness practice.