

Changing Your History Channel

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation, 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



We each of a personal history story that, whether we are conscious of it or not, influences everything from our wellbeing to our beliefs about who we are to our perception of the world. Stories are an important part of who we are, and yet when we are overly attached to old narratives, it becomes difficult to step beyond our own limitations.

The following exercises are designed to help you set aside and/or transform your telling of history and to consider new, refreshed ways of relating to your personal narrative.

They provide us with the opportunity to view old stories in a new light, changing the way we perceive what has come before us. Remain curious and compassionate as you observe whatever arises.

1. Recurring Story Counts

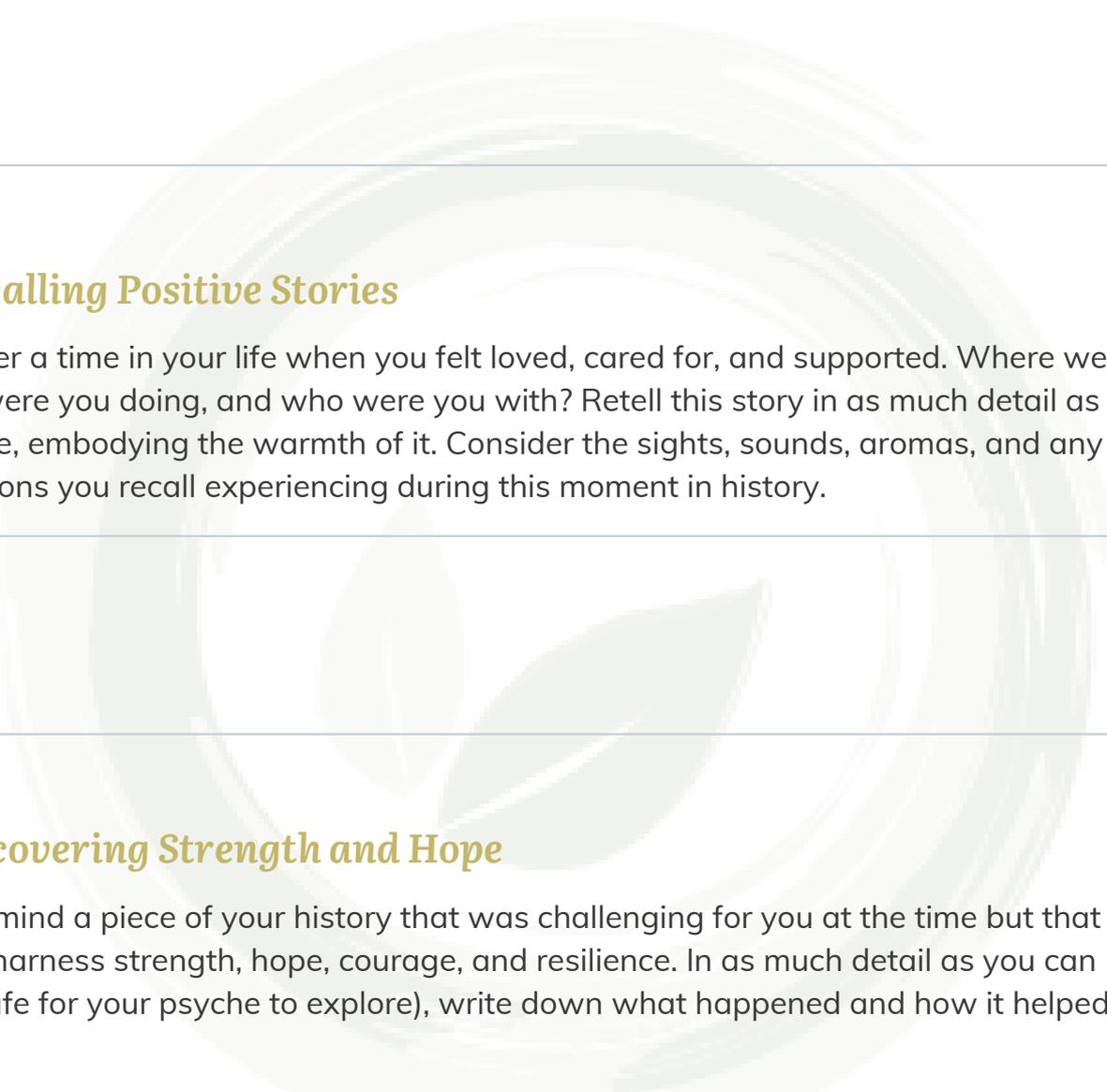
How often does the same story come to mind over the course of a week? This exercise is one to keep in mind as you move through the next seven days.

To explore this, consider a story that you sense has a strong prevalence in your mind as of late. Keep a tally on either this sheet of paper, your phone, or your computer, noting how many times the story comes to mind over the next week.

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After seven days have passed, consider: Is there a way I might shift the narrative of this story to find greater peace in it? What about this story is appealing to the mind? Does it support my wellbeing?



2. Recalling Positive Stories

Consider a time in your life when you felt loved, cared for, and supported. Where were you, what were you doing, and who were you with? Retell this story in as much detail as possible, embodying the warmth of it. Consider the sights, sounds, aromas, and any other sensations you recall experiencing during this moment in history.

3. Uncovering Strength and Hope

Call to mind a piece of your history that was challenging for you at the time but that helped you to harness strength, hope, courage, and resilience. In as much detail as you can (and as feels safe for your psyche to explore), write down what happened and how it helped you to grow.

Avoid delving into past trauma, opting for light to moderate challenges you've faced. Consider the lessons learned, the skills gained, and any other positives that arose from this challenging situation.

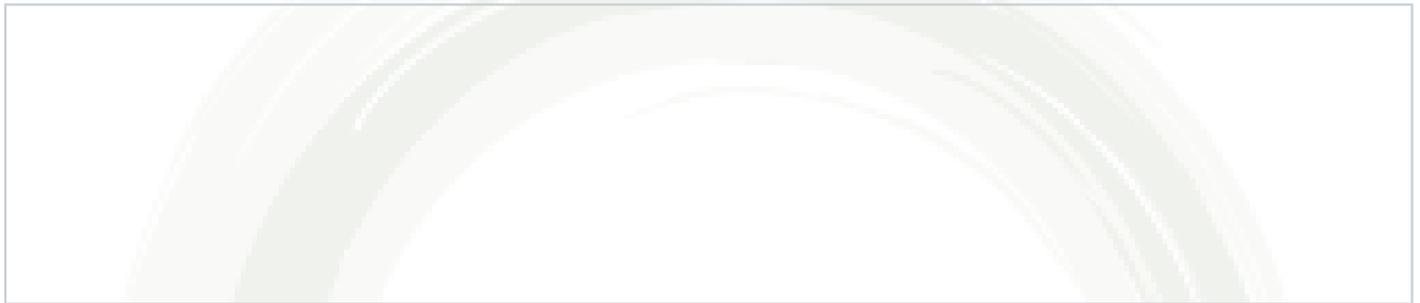
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4. All-Time Favorite Stories

Consider a story that deeply inspires and uplifts you, whether this be a childhood tale, the plot of your favorite movie, or a story relayed to you by a friend or family member. Answer the following questions in relation to this story:

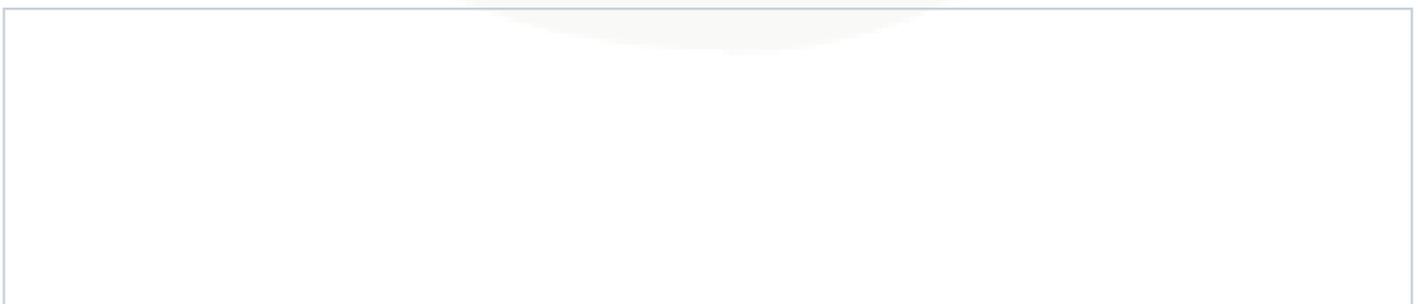
Who are the characters in this story? What inspires you about them? What are the themes in this story? How are these themes also present in your own life story?



5. Finding Comfort in Neutrality

Consider a recent happening in your life that was neither good or bad – something that was a neutral experience for you. This might be the load of laundry you did over the weekend, your train ride into the city, or an interaction you had with a customer service agent recently.

Now, consider where a hidden beauty rests in this story. What went well during this seemingly neutral event? What can you appreciate about this neutral life happening? Explore the small details of this event to heighten your appreciation of the less-than-exciting moments of life.



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6. Changing the Channel

Consider what history channels you want to change, knowing that you can't change what happened in the past, you can shift the way you relay the details.

What story is calling you into a new relationship with it? What words might you swap within this story? For instance, 'unkind' might be replaced with 'unknowing' or 'terrible' might be swapped with 'difficult'. Write down all the small shifts you can make to change the way you perceive your history.

