

Knowing Fear - Partner Exercise

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

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



- Partner up — pick someone to go first.
- Select an example of a fear.
- Give enough background so your partner can understand the fear.
- Speak together to determine what is the threat, and what action is appropriate to take.
- As listener, respect your partner. Do not try to talk her/him out of it.
- Allow your partner to fully express the emotion.
- You may be able to build an action plan together (a series of actions supported by others done by a particular time).
- Humor may be helpful. (creating space where there isn't any playfulness may suffocate a sense of freedom)
- Asking "and then what?" will help you get to the root fear.
- The action may be experiencing the feared pain which is at the root.

How will you take what you learned from this forward into your life?