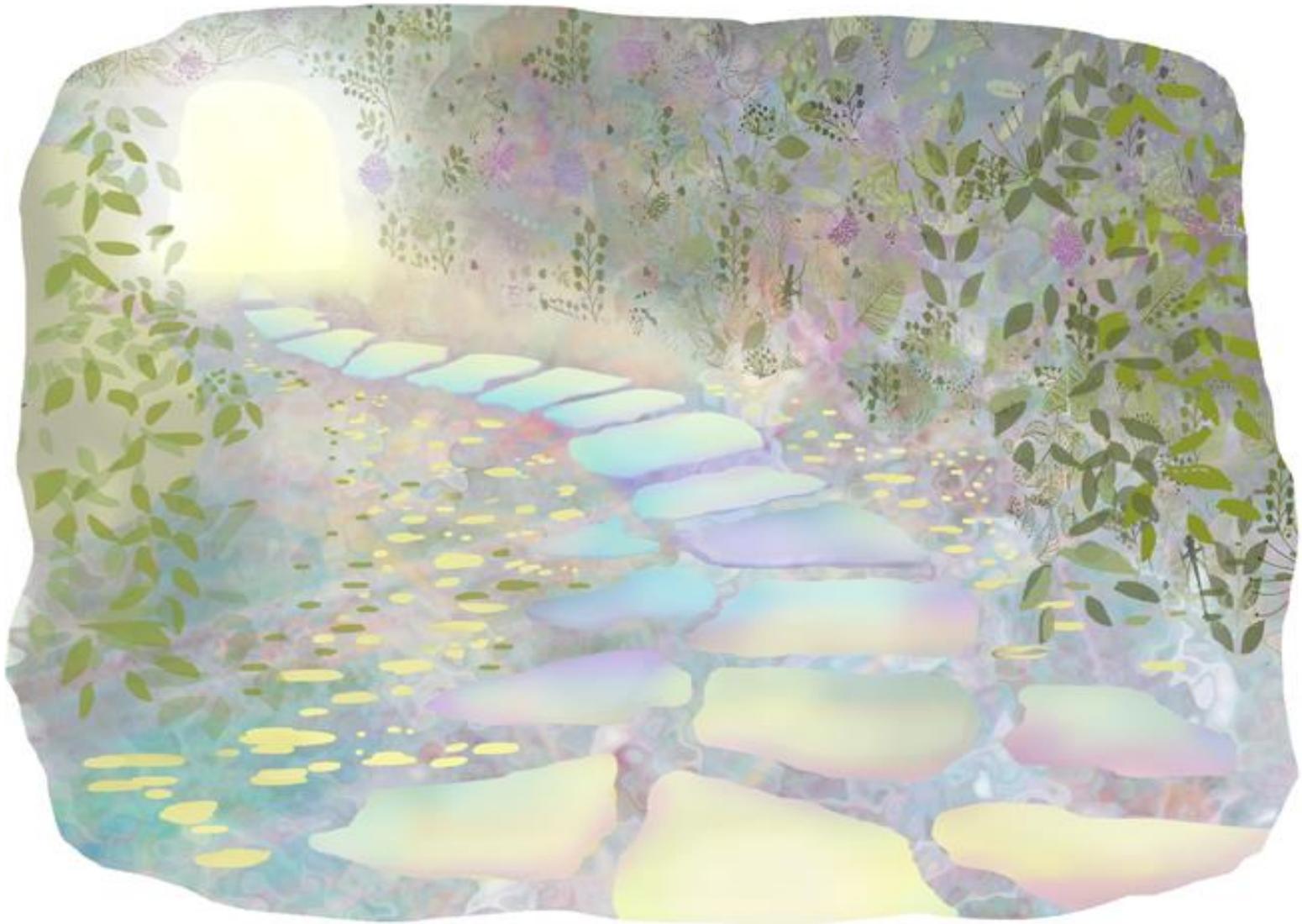


# Freedom Through Choice Foundation



Pathways to Wholeness Integration Workbook

# Mindfulness

*Please proceed through these exercises at your own pace. Take as much time as you need to observe and understand you own behavior and to integrate the concepts presented.*

*After you have finished these exercises, repeat them in a few months and record how your feelings, observations and behaviors have changed.*

*Approach these exercises with honesty, humor and as a journey of self-discovery.*

## Mindfulness Exercise 1

# Mindfulness and My Emotions

**What am I feeling? Where are those feelings coming from?**

Many feelings come from thoughts. For this exercise, take a in-depth look at specific times when you feel stressed or angry.

Make a note of what your thoughts were before and during the emotional experience. Then examine those thoughts. Do they really reflect where you are in your life? Do they represent your current values? Are they old programs running, or are you spending a great deal of time thinking about the past?

Do this exercise as close to the event as possible.

# Mindfulness Exercise 1 : Thoughts and Emotions

<b>Describe the incident when you felt stressed or afraid</b>	<b>Emotions are often triggered by thoughts. Thoughts that are often times accepted and acted upon as facts.</b>	
	<b>What was I thinking before I became upset?</b>	<b>Are these thoughts valid? Do they reflect what I believe? Am I dwelling in the past?</b>

Example 1

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# Mindfulness Exercise 1 : Thoughts and Emotions

<b>Describe the incident when you felt stressed or afraid</b>	<b>Emotions are often triggered by thoughts. Thoughts that are often times accepted and acted upon as facts.</b>	
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Example 2

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# Mindfulness Exercise 1 : Thoughts and Emotions

<b>Describe the incident when you felt stressed or afraid</b>	<b>Emotions are often triggered by thoughts. Thoughts that are often times accepted and acted upon as facts.</b>	
	<b>What was I thinking before I became upset?</b>	<b>Are these thoughts valid? Do they reflect what I believe? Am I dwelling in the past?</b>

Example 3

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## Mindfulness Exercise 2

### *Awareness Triggers*

**This exercise is a very simple one, requiring just a few minutes a day. Sit quietly for a moment, and in your mind create a conscious trigger to remind yourself to pay attention to your thoughts. The trigger can be something that is done several times a day, like the act of sitting down, touching your face, walking up or down a step, taking a bite of food, putting on your shoes, etc. Decide on your trigger, and through the course of your day when you encounter your trigger, pay attention to your thoughts. Where is your mind taking you? Are you focused in the past or in the future? If so, bring your awareness to the present moment.**



## **Mindfulness Exercise 3 In the Moment**

**Pick one activity in your day to practice “being in the moment”, even if it is just for a few minutes. It could be driving a car, riding a bus, walking down the street, running the vacuum, washing dishes, etc.**

**By staying in the moment, choose to focus on the activity that you are doing. Become aware of the sounds around you, the motions your body goes through as you do this activity, if you are sitting, notice how your body feels in contact with the chair. Pay attention to your breathing. Focus on the actions involved in the task.**

**Know by doing this, you allow your mind to de-stress for these few minutes, because you are not allowing your mind to be worried or concerned about anything in the past or the future..**



## **Mindfulness Exercise 4**

**Today I will choose to observe my thoughts during a quiet moment. The moment can last for a few minutes, or for an hour. As an observer, I simply watch my thoughts as they flow through my mind. I do not engage with them, nor do I analyze them. By doing this exercise I begin to be able to understand that I can step back from my very active mind, and practice not being emotionally impacted by them.**



## **Mindfulness Exercise 5**

### **Mindfulness with Others**

**Practice mindfulness with another person. During the course of your conversations with others today, listen carefully to what they are saying. Be fully present with them, and do your best to understand what they are saying. Do not be concerned with what you say next, nor be concerned with what else you have to do that day. Direct your attention only to the person you are talking with.**



## **Mindfulness Exercise 6**

### **Body Mindfulness**

**Pick at time during your day where you have at least 10 minutes to sit quietly and be mindful of your body sensations. Pay attention to any aches or pain or tightness and stress. As you notice these areas of stress, pain or tension, slow down your breathing , and focus on just “breathing into” these areas for a few minutes. Pay attention to any change in the feelings in your body.**

