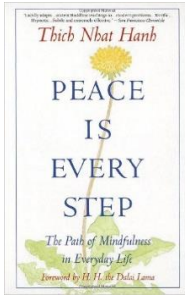


val**YOU**able
actYOUlization worksheet



Peace Is Every Step

The Path of Mindfulness in Everyday Life
by Thich Nhat Hanh

© 1991 by Thich Nhat Hanh – 134 Pages

“The Foundation of happiness is mindfulness. The basic condition for being happy is our consciousness of being happy. If we are not aware that we are happy, we are not really happy.”
Thich Nhat Hanh





actYOUlization worksheet

Think back to a recent event that negatively triggered you. Go back to that feeling. Now let's work on transforming it.

1. Recognize and Label your Feeling. **Example:** Angry

2. Sit down and focus on how that feeling manifest in your body. DO NOT start telling yourself the story of what happened. We want to focus on the physical consequences. **Example:** My face felt hot, fist clenched, overall my body was tense.

3. Calm your feeling. Just becoming aware of and paying attention to your feeling will start to calm it. Thich Nhat Hanh compares this to a mother tending to an upset baby. **Example:** He recommends doing a breathing mediation: "Breathing in, I calm the activities of body and mind." "Breathing out, I calm my anger."

4. Let the feeling go. Notice how your body feels now.

- 5 From a calm frame of mind looking deeply into the cause of your feeling. **Example:** I am angry because my doctor is running late. Now dig deeper. Are you angry because you feel disrespected? Less important? Do you experience that belief often? Did you feel it as a child? Can you see how that belief is not ALWAYS true? Find examples that support and disprove that belief.