**Mindfulness**

Please answer the following questions.

1) List some of the things you do mindlessly or absent-mindedly at home or work. *What do you do on auto-pilot?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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2) How does mindlessness affect your work? *Do you make mistakes sometimes, do you lose concentration? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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3) How does mindlessness affect your home life and relationships? *Do you zone out while interacting with your children or spouse? Can they tell? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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4) Have you ever held a grudge? *Who was it against and for how long?*

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5) How would mindfulness help you dissolve this grudge? *Consider the grudge as holding onto the past. Do you think being in the present moment with the person would dissolve it?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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6) Anger is often the result of holding on to the past. *What things from the past are you holding onto that you’d like to let go of?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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7) Worry and anxiety are often the result of obsessing about the future. *What are your nagging worries that you would like to let go of?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*Whenever you experience worry, anxiety or anger, try to bring your mind back to the present moment. Think of everyday things you could do more mindfully where the activity is enjoyable but for some reason you think about something else while doing it. For example, walking, showering, eating*