

Handout #3.1

Mindfulness

Taking hold of your Mind

From:

To:



—————> **MINDFULNESS**

***Being in control of your mind rather than letting your mind be in control of you.**

- 1) **FULL AWARENESS (Opened Mind):** Being aware of your present moment (i.e., thoughts, feelings and physical sensations) without judgment and without trying to change it.
- 2) **ATTENTIONAL CONTROL (Focused Mind):** Staying focused on one thing at a time.

Practice, practice, practice

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Handout 3.2

MINDFULNESS: Why Bother?

Being Mindful can:

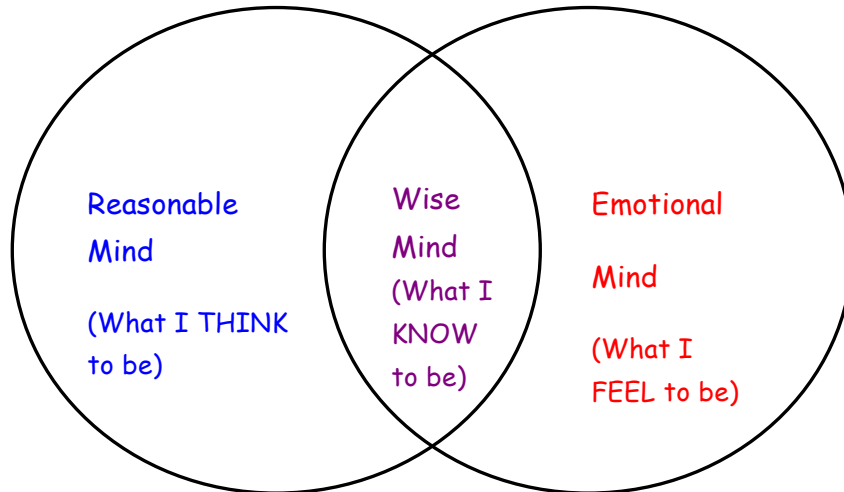
1. Give you more choices and more control over your behavior
2. Reduce your emotional suffering and increase your pleasure
3. Help you make important decisions
4. Help focus your attention and make you more effective and productive
5. Increase compassion for self and others
6. Lessen your pain, tension and stress and in turn can even improve your health

Practice, Practice, Practice

Handout 3.3

MINDFULNESS

3 States of Mind



Emotional Mind is "hot"; ruled by your feelings and urges.

Emotional Mind is: _____

When I am in Emotional Mind, I.....(please describe what you do or think):

Reasonable Mind is "cool"; ruled by facts, reason, and logic

Reasonable Mind is: _____

When I am in Reasonable Mind, I....(please describe what you do or think):

Wise Mind includes both reason and emotion; wisdom within each person; state of mind to access when you want to make an important decision.

Wise Mind is: _____

When I am in Wise Mind, I...

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HANDOUT 3.4

PRACTICING WISE MIND

Mindfulness skills often require a lot of PRACTICE. Like any new skill, it is important to first practice when you don't need the skill. If you practice in easier situations, the skill will become automatic and you will have it when you need it. Practice with your eyes closed and with your eyes open.

1. **Stone flake on the lake.** Imagine that you are by a clear blue lake on a beautiful sunny day. Then imagine that you are a small flake of stone, flat and light. Imagine that you have been tossed out onto the lake and are now gently, slowly, floating through the calm, clear blue water to the lake's smooth, sandy bottom.
 - Notice what you see, what you feel as you float down, perhaps in slow circles, floating towards the bottom. As you reach the bottom of the lake, settle your attention there within yourself.
2. **Walking down the spiral stairs.** Imagine that within you is a spiral staircase, winding down to your very center. Starting at the top walk very slowly down the staircase, going deeper and deeper within yourself.
 - Notice the sensations. Rest by sitting on a step or turn on lights on the way down if you wish. Do not force yourself further than you want to go. Notice the quiet. As you reach the center of yourself, settle your attention there – perhaps in your gut or your abdomen.
3. **Breathing WISE in, MIND out.** Breathing in, say to yourself "WISE", breathing out, say "MIND".
 - Focus your entire attention on the word "**wise**," then focus it again entirely on the word "**mind**."
 - Continue until you sense that you have settled into wise mind.
4. **Asking is this WISE MIND?** Breathing in, ask yourself, "Is this (action, thought, plan etc.) wise mind?"
 - Breathing out listen for the answer.
 - Listen but do not give yourself the answer. Do not tell yourself the answer; listen for it.
 - Continue asking during each inhale. If no answer comes, try again another time.
5. **Expanding awareness.** Breathing in, focus your awareness on your center.
 - Breathing out, stay aware of your center but expand awareness to the space you are in now.
 - Continue on in the moment.
6. **Dropping into the pauses between inhaling and exhaling.**
 - Breathing in, notice the pause after inhaling (top of breath).
 - Breathing out, notice the pause after exhaling (bottom of breath).
 - At each pause, let yourself "fall into" the center space within the pause.
7. **Other Wise Mind Practice Ideas:** _____

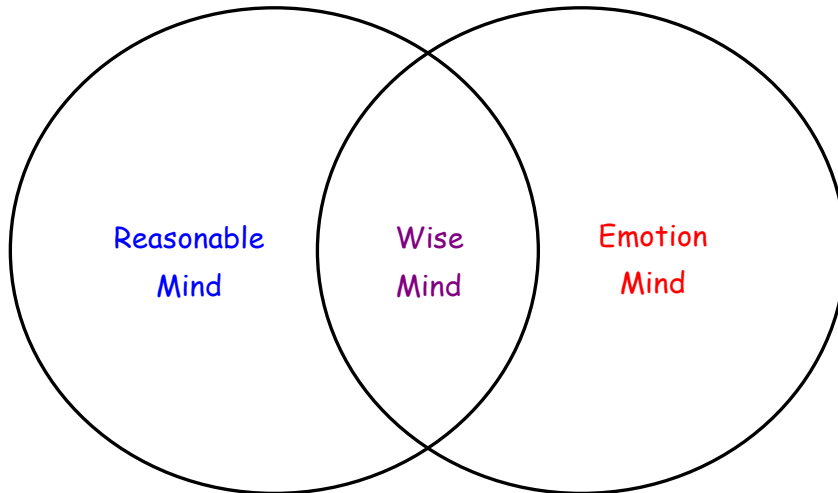
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Homework #3.5

3 States of Mind

Due Date: _____

Observing yourself in each of the 3 States of Mind



Emotional Mind

One example of Emotional Mind this week was (please describe your emotion/s, thoughts, behaviors): _____

Reasonable Mind

One example of Reasonable Mind this week was (please describe your emotion/s, thoughts, behaviors): _____

Wise Mind

One example of Wise Mind this week was (please describe your emotion/s, thoughts, behaviors): _____
