

# Worksheet 02.01 Basic Mindful Meditation

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Before engaging in the Basic Mindful Meditation exercise, rate yourself on all the dimensions listed below by circling the appropriate number in the appropriate space. After completing this worksheet, listen to the Basic Mindful Meditation audio recording that came with this course. You may also download this mp3 by visiting <http://mindfulecotherapy.com/meditation-recordings/>

When you have completed the Basic Mindful Meditation by listening to the recording and following its suggestions, complete the worksheet on the next page, and compare your results. Did your numbers change?

## STRESS

TOTALLY STRESSED---0---1---2---3---4---5---6---7---8---9---10 TOTALLY RELAXED

## DEPRESSION

TOTALLY DEPRESSED---0---1---2---3---4---5---6---7---8---9---10 TOTALLY CALM

## HAPPINESS

TOTALLY UNHAPPY---0---1---2---3---4---5---6---7---8---9---10 TOTALLY HAPPY

## DISCOMFORT

TOTALLY UNCOMFORTABLE---0---1---2---3---4---5---6---7---8---9---10 TOTALLY COMFORTABLE

## CONCENTRATION

TOTALLY DISTRACTED---0---1---2---3---4---5---6---7---8---9---10 TOTALLY CONCENTRATING

## CLARITY

TOTALLY FUZZY ---0---1---2---3---4---5---6---7---8---9---10 TOTALLY CLEAR

## BODY TENSION

TOTALLY TENSE---0---1---2---3---4---5---6---7---8---9---10 TOTALLY RELAXED

## Worksheet 02.01 Basic Mindful Meditation

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Now that you have completed the Basic Mindful Meditation exercise, rate yourself on all the dimensions listed below by circling the appropriate number in the appropriate space.  
Did any of your numbers change?

### STRESS

TOTALLY STRESSED---0---1---2---3---4---5---6---7---8---9---10 TOTALLY RELAXED

### DEPRESSION

TOTALLY DEPRESSED---0---1---2---3---4---5---6---7---8---9---10 TOTALLY CALM

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### CLARITY

TOTALLY FUZZY ---0---1---2---3---4---5---6---7---8---9---10 TOTALLY CLEAR

### BODY TENSION

TOTALLY TENSE---0---1---2---3---4---5---6---7---8---9---10 TOTALLY RELAXED