

Worksheet 02.02 Mindful Body Scan Meditation

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Name: _____ Date: _____

Before engaging in the Mindful Body Scan 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 Mindful Body Scan 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 Mindful Body Scan 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

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Name: _____ Date: _____

Now that you have completed the Mindful Body Scan 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

HAPPINESS

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

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CONCENTRATION

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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