

# MEDITATION / MINDFULNESS LOG



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

RECALL	<p>I got angry or frustrated when ... (<i>what was the trigger?</i>)</p> <p>While angry or frustrated, <i>the sensations I experienced in my body were...</i></p>
CONFESSION	<p>I made a mistake when I ...</p> <p>The consequences I do not like include ...</p> <p><i>If you feel remorse or embarrassment, where in your body is it registering? What sensations are you experiencing?</i></p>
CARING	<p>The emotional effect my actions had on others was ...</p> <p>If this had been done to me, I would have felt ...</p> <p><i>If you feel compassion or empathy, where in your body is it registering? What sensations are you experiencing?</i></p>
REPAIR	<p>I am grateful that ...</p> <p>The best way I can make up for my mistake is ...</p> <p><i>If you feel hope or gratitude, where in your body is it registering? What sensations are you experiencing?</i></p>