

MINDFULNESS WORKSHEET 5A

([Mindfulness Handouts 5–5c](#))

Nonjudgmentalness, One-Mindfulness, Effectiveness Checklist

Due Date: _____ Name: _____ Week Starting: _____

Practice nonjudgmentalness: Check off an exercise each time you do one.

- ☐ ☐ ☐ ☐ 1. Say in your mind, “A judgmental thought arose in my mind.”
- ☐ ☐ ☐ ☐ 2. Count judgmental thoughts.
- ☐ ☐ ☐ ☐ 3. Replace judgmental thoughts and statements with nonjudgmental thoughts and statements.
- ☐ ☐ ☐ ☐ 4. Observe your judgmental facial expressions, postures, voice tones.
- ☐ ☐ ☐ ☐ 5. Change judgmental expressions, postures, voice tones.
- ☐ ☐ ☐ ☐ 6. Stay very concrete and describe your day nonjudgmentally.
- ☐ ☐ ☐ ☐ 7. Write out a nonjudgmental description of an event that prompted an emotion.
- ☐ ☐ ☐ ☐ 8. Write out a nonjudgmental blow-by-blow account of a particularly important episode in your day.
- ☐ ☐ ☐ ☐ 9. Imagine a person you are angry with. Imagine understanding that person.
- ☐ ☐ ☐ ☐ 10. When you feel judgmental, practice half-smiling and/or willing hands.

Describe the situation and how you practiced nonjudgmentalness:

Practice one-mindfulness: Check off an exercise each time you do one.

- ☐ ☐ ☐ ☐ 11. Awareness while making tea or coffee.
- ☐ ☐ ☐ ☐ 12. Awareness while washing the dishes.
- ☐ ☐ ☐ ☐ 13. Awareness while hand-washing clothes.
- ☐ ☐ ☐ ☐ 14. Awareness while cleaning house.
- ☐ ☐ ☐ ☐ 15. Awareness while taking a slow-motion bath.
- ☐ ☐ ☐ ☐ 16. Awareness with meditation.

Describe the situation and how you practiced one-mindfulness:

Practice effectiveness: Check off an exercise each time you do one.

- ☐ ☐ ☐ ☐ 17. Give up being right
- ☐ ☐ ☐ ☐ 18. Drop willfulness
- ☐ ☐ ☐ ☐ 19. Doing what is effective

Describe the situation and how you practiced effectiveness:

List any and all wise things you did this week: _____