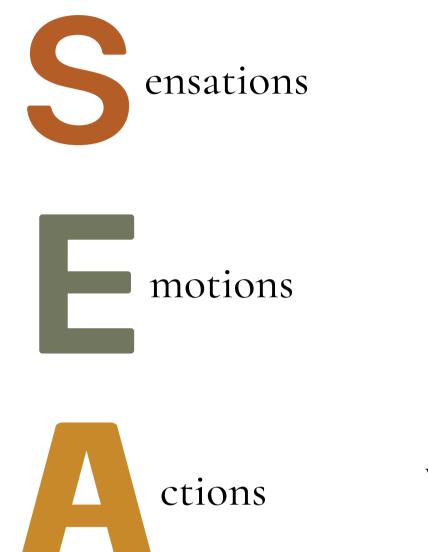
Taking a Mindful Seat



What sensations am I noticing, if any? If you notice any sensations, bring your awareness to them.

What emotions are present? If you notice any emotions, bring your awareness to them

What actions or impulses do you feel like doing? If you notice any actions, bring your awareness to them

houghts

What thoughts are present, if any? If you notice any thoughts, bring your awareness to them.

Amended by my ideologies and originally taught by Semple, R. J., & Willard, C. (2019).

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