

## Mindfulness checklist

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| <b>Situation</b>                                 |  |
| <b>Feelings</b> sad, angry yuk, embarrassed etc  | <b>Body sensations</b> Heart, breathing<br>heaviness in stomach etc. |
| <b>Thoughts</b> especially "I" thoughts (images) | <b>What my feeling wanted me to do and/or what I did</b>             |

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