

The Documentary of You

Mindfulness can be used to view your life and yourself with compassion and forgiveness (Forsyth & Eifert, 2016).

This worksheet helps reduce the anxiety associated with how you feel.

Try out the following steps:

Step one:

Take a few gentle grounding breaths.

Now, imagine your life is playing out before you on a movie screen. Think of the events that make up your story.

Which experiences do your mind naturally pull towards?

Which experiences make you feel anxious? How else do they make you feel?

Step two:

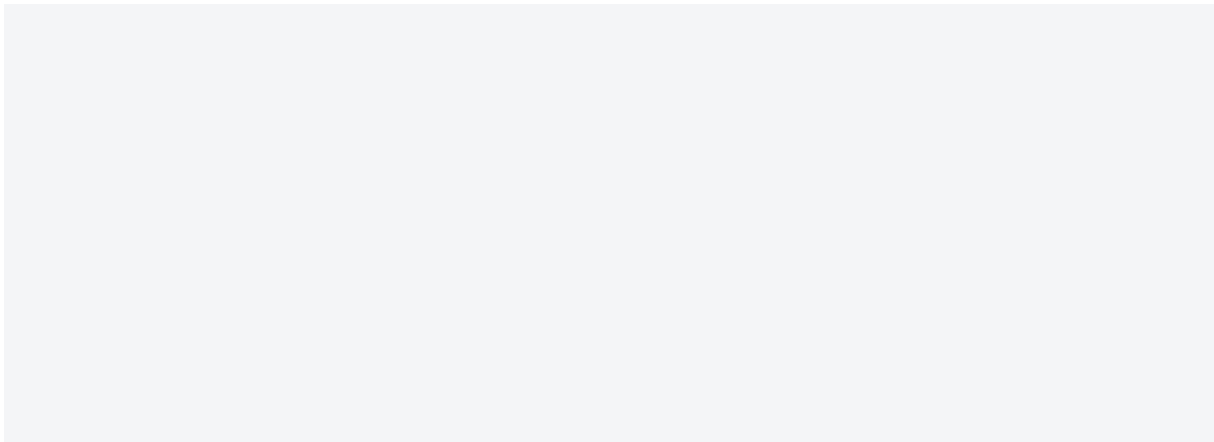
Take several grounding breaths.

Read through the experiences that made you feel anxious.

Consider them equally without becoming too involved.

Reflect on the words used, their sound, and what kind of story is being told.

How anxious do they make you feel now? In what way?



Can you see that the sensations, thoughts, and feelings associated with anxiety are like the words on the page? We can observe them without letting them control our thoughts, feelings, or how we behave.

References

- Forsyth, J. P., & Eifert, G. H. (2016). *The Mindfulness & Acceptance Workbook for Anxiety: A Guide to breaking free from anxiety, Phobias & Worry Using Acceptance & Commitment therapy*. Oakland, CA: New Harbinger Publications.

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