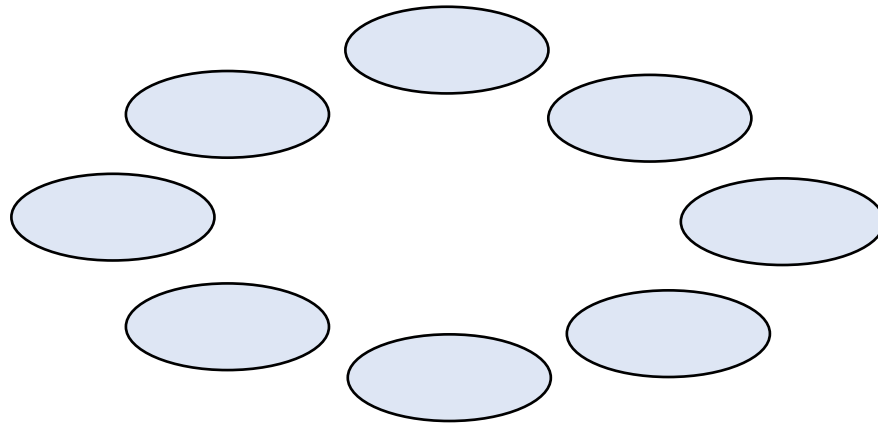


# TSD MINDFULNESS

## ROUND TABLE FOR INTERNAL CONFLICT

Internal conflict can be a source of great stress. We might feel pulled in several different directions and we might not know which part of ourselves to trust. Use this tool to identify which parts of yourself are affecting your experience and use mindfulness to take a step back from your process to see which part of yourself has your best interest in mind.

Consider a particular challenge. Who is sitting at your round table and what are they saying?



Fear  
Self-doubt/shame  
Anger  
Gratitude  
Joy/Freedom

Rationality (more conscious)  
Conditionality thinking (less conscious)  
Pain  
Sadness  
Ambition/Pressure

Trust  
Protection  
Compassion  
Surrender  
Doubt/Confusion

Who has the strongest voice at the table?

Who are you listening to the most?

Who do you most ignored?

Who do you resist the most?

Who should be considered but not made the priority?

Who should be given less power?

Who should be given more power and who is not even sitting at the table that should?