

TSD MINDFULNESS

WORTHINESS MINDFULNESS EXERCISE

What if our thoughts during mindfulness meditation shed light on what we feel unworthy about? What if our mindfulness meditation showed us that we don't feel worthy of... taking a break from work, experiencing an emotion, or simply not knowing all the answers? Our thoughts during meditation are often about tasks we need to do, tasks we fear we will forget to do, attempts to figure out a solution to a problem, or critiques about our body or eating. What if we were enough, just as we are, without completing the tasks, knowing the answers, or having the perfect body or diet?

Directions: Close your eyes for five minutes. Use open awareness to notice your thinking and respond to your thoughts with the appropriate worthiness statement. Fill in the blanks with your own thoughts and worthiness responses.

Thought	Worthiness Response
I need to make sure I remember to...	I am worthy even if I forget to do this.
I have to figure out ...	I am worthy in this moment, as I take a break from figuring it out.
Why am I thinking this?	I am worthy no matter what thoughts pop up.
Why am I feeling this emotion?	I am worthy no matter how I am feeling.
My body is flawed.	I am worthy despite my imperfect body.
I shouldn't have eaten...	I am worthy in this moment, no matter what I just ate.
I should have stretched...	I am worthy this moment, even though my body feels tight.
My body doesn't feel as strong as it used to.	I am worthy even though my body is changing with age.
I shouldn't have stayed up late.	I am worthy in this moment of being tired.
Why is it so hard for me to focus?	I am worthy even though I am distracted.
I shouldn't have said that.	I am worthy even if my speech and behavior was imperfect.
Why do I let myself get overwhelmed?	I am worthy even when I feel overwhelmed.
I should have parented better.	I am worthy even though I am an imperfect parent.
Will my work be accepted and praised?	I am worthy in this moment, despite if I am accepted or praised.