

WITNESSING YOUR MIND & OF COURSING WORKSHEET



This worksheet is designed to help you notice when you're upset or stressed and what adaptive strategies you've learned to cope with those feelings. The goal is for you to increase your awareness so you can increase your self-understanding and self-compassion.

SAYING “OF COURSE” TO YOURSELF

This simple little practice increases in strength over time - it is a process of affirming that what you are experiencing inside makes sense. “Of course, I feel sad.” “Of course, I am judging that.” Even if you don't know the reason, just lean into the fact that everything we think and do makes sense in some earlier context, and is meant to be protective, even if we don't know how right now.

If you are someone who tends towards criticism and self-hatred, know the brain science is clear. You cannot shame yourself into brain change; your brain does not work that way. While it is important to take responsibility for your actions, it is actually easier to do that if you do not throw yourself away.

Even when you are thinking, feeling or have done something that you are not proud of, it's possible to affirm that you make sense and are worthy of care. You can simply say, “Of course I did that/ thought that/ felt that.” Of coursing, does not justify behavior. It just keeps your brain from activating a state of social threat.

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Practice “OF COURSE” YOURSELF

1. NOTICE you have a critical thought or you are judging yourself

First of all, congratulate yourself for noticing you are being critical of yourself.

- That’s so great that I’m noticing
- Good job, me!
- Or other friendly responses of your choosing

2. OF COURSE the judgment or critical thought

- Say out loud or in your head, Of course I am judging myself. I learned to do that when
- Or simply say, Of course I’m judging. That makes so much sense that I do that sometimes.
- Or say, Welcome, judgment. I know you’re trying to keep me safe somehow.

3. OF COURSE the original thought/feeling/behavior

Say out loud or in your head, Of course I think/feel/did that thing. It makes so much sense that I...

4. Keep Practicing

Note: If you cannot yet “of course” something you notice inside, no worries. Instead, you can say, “Of course I’m having trouble of coursing that thing.” I hope this work around makes you smile a bit.

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WHAT HAPPENED TODAY THAT CAUGHT YOUR ATTENTION?

Pick an event from earlier in the day, or how you feel presently. Write 1-2 sentences..

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THOUGHTS What did you hear yourself thinking/ saying to yourself?

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EMOTIONS Circle or write in some emotions you noticed.

- | | |
|---|-----------------------------|
| ANGER frustration, irritation, resentment | FEAR worry, panic, numbness |
| PAIN sadness, loneliness, hurt, despair | SHAME embarrassment |
| GUILT remorse, regret, humility | JOY happiness, relief, hope |
| LOVE gratitude, warmth, compassion | OTHERS: |

*Worksheet taken from Terri Delaney, wiseadultskills.com, used with permission

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WHAT HAPPENED IN YOUR BODY?

Did you notice any pain, discomfort, tension, numbness, breath holding, or other sensations in your body (then or now)?

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OF COURSING AND REFLECTION

Give reassurance to yourself, like “ it’s normal to get activated, ”or “Of course, I felt that way ”or even “Of course I’m struggling to do this.”Offer yourself a compassionate gesture, like taking a deep breath or placing a hand on your heart. Summon images or actions that help you feel cared for. Afterwards, reflect: How do you feel now that you’ve slowed down and turned inward?

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How upset/ activated were you then? 0 - 10 rating ____

How about now? 0 - 10 rating ____

0 = Not at all activated / 10 = Most activated you can imagine

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