

OPEN, AWARE & ACTIVE WORKSHEET

Briefly describe here the main problem(s) that you had in mind when you picked up this book. Keep this problem in mind as you answer the following questions:

Open

Generally, how open are you to internal experiences such as thoughts, feelings, emotions and memories and physical sensations?

- Which are these internal experiences you struggle with particularly?
- Are there times when you're able to be open to uncomfortable internal experiences?

Aware

How aware are you of your thoughts and feelings as they occur? How good are you at recognising and labelling them? How mindful are you of what is going on around you?

- Do you find yourself often running on auto-pilot, wrapped up in thoughts?
- How easy do you find it to step out of yourself to take someone else's perspective?
- Do you find it difficult to go easy on yourself and be self-compassionate?

Active

Do you have a clear direction forward in life? Do you know what is important to you? Or do you feel lost and confused about how you want your life to be going?

- What are the moments when you feel most alive, vital and engaged?
- How good are you at setting a course in life, making goals and sticking with them – even when things get rough?

Open, Aware and Active Chart

Once you've completed the *Open, Aware and Active* worksheet, use the chart below to map out where your strengths lie and where you need to develop your skills. Give yourself a score on each of the three skills from 0 through to 10. Then place an 'X' on the corresponding line. You can then use this chart to monitor your progress. Come back to it after you've read the book to see how you've developed.

