

How *Open, Aware* and *Active* Are You?

In this next section, we'd like to invite you to think about how *Open, Aware* and *Active* you are. We'd like you to fill in the worksheet below, answering the prompt questions, to help you get a sense of both where your skills lie and also the areas in which you need to improve.

OPEN, AWARE and 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, memories and physical sensations?

- *Which of these internal experiences do 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 autopilot, wrapped up in your own 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 Figure 1 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 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.

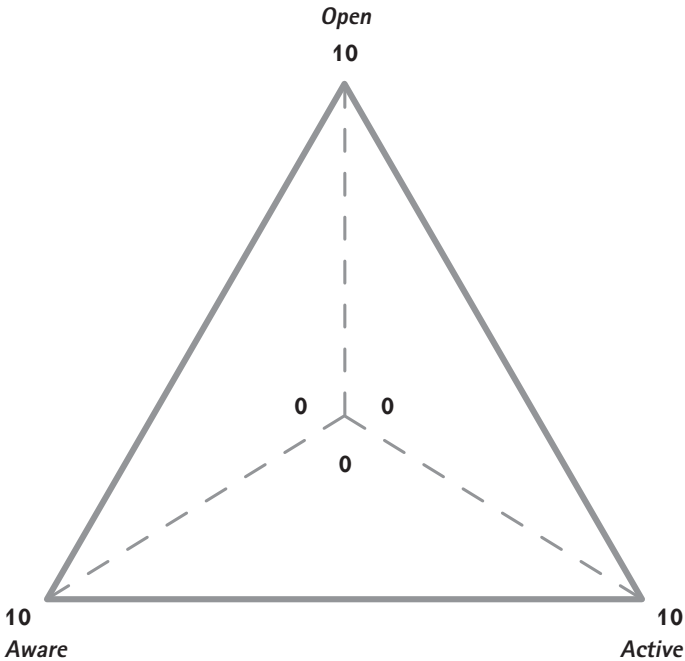


Figure 1