

## ***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?*

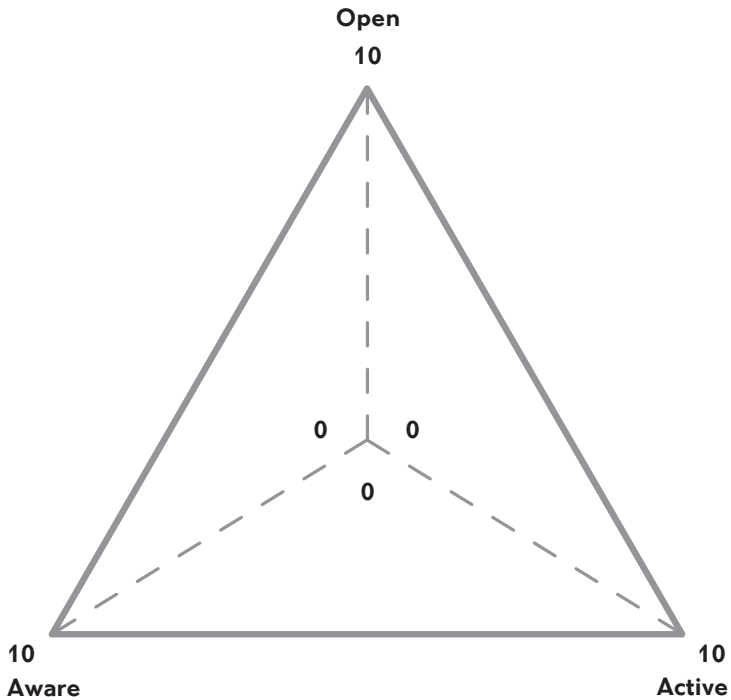


FIGURE 1