

Worksheet for Uncovering Sensory Experiences for Meditation Reprogram Brain for Feel Strong



Step 1: Think of an event that is currently causing you to feel weak without judging if your feelings are justified or not. Maybe think about getting up on a stage and declaring to the audience how strong you are. Who would be in the audience disagreeing with you? Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? (hints feeling: powerless, unsafe, not loved, uncourageous, lack of joy, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down here.

Step 2: Now where do you sense it in relationship to you? Is it in front of you? Is it in front and upward or downward? Is it straight on to the right? Is it upward or downward on the right? Is it straight on to the left? Is it upward or downward on the left? Note where that sensing is. Don't worry if you are not sure, just go with what first comes into your mind. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3: Now imagine how you would experience your life if you felt strong. Maybe consider being on stage declaring how strong you are. Who in that audience on that stage agreed with you? Close your eyes for a moment and imagine. Are there any images you see? What do you hear? What feelings do you feel (hints: powerful, safe, loved, courageous, joyful, valuable, or peaceful)? Note all of these.

Step 4: Now where do you sense it in relationship to you? Is it in front of you? Is it in front and upward or downward? Is it straight on to the right? Is it upward or downward on the right? Is it straight on to the left? Is it upward or downward on the left? Note where that sensing is. Don't worry if you are not sure, just go with what first comes into your mind. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Keep both of these sensing's and their locations in mind as you go about doing the Reprogramming Your Brain to Feel Strong Meditation