

Mindfulness Challenge, Remain *Calm* in the Storm

1. What destructive thoughts am I experiencing?

2. What are some common feelings that I am experiencing when these thoughts arise?

Fill in the following:

I feel _____ when _____ is

happening. The last time I felt _____ is when this was happening:

_____. These are the

behaviors I possessed in the past to cope with this feeling: _____

_____.

"I have passed through many storms.
Every storm has to pass, there is no storm
that will stay there forever. This condition
of the mind will also go by. Everything is
impermanent. The storm is only a storm.
We are not the storm. We can find safety
right in the storm. We will not let the
storm create harm in us." - Thich Nhat Hahn

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Destructive Thought	Calm Response

Breathing Meditation:

Breathing in, I know that there is a storm.
Breathing out, I know this storm will pass.

Breathing in, I recognize my feelings in this storm.
Breathing out, I remain calm in the storm.