Nonjudgmentalness, One-Mindfulness, Effectiveness Checklist

Due Date: ___________________________ Name: ___________________________ Week Starting: ___________________________

Practice nonjudgmentalness: Check off an exercise each time you do one.

☑ ☐ ☐ ☐ 1. Say in your mind, “A judgmental thought arose in my mind.”
☐ ☐ ☐ ☐ 2. Count judgmental thoughts.
☐ ☐ ☐ ☐ 3. Replace judgmental thoughts and statements with nonjudgmental thoughts and statements.
☐ ☐ ☐ ☐ 4. Observe your judgmental facial expressions, postures, voice tones.
☐ ☐ ☐ ☐ 5. Change judgmental expressions, postures, voice tones.
☐ ☐ ☐ ☐ 6. Stay very concrete and describe your day nonjudgmentally.
☐ ☐ ☐ ☐ 7. Write out a nonjudgmental description of an event that prompted an emotion.
☐ ☐ ☐ ☐ 8. Write out a nonjudgmental blow-by-blow account of a particularly important episode in your day.
☐ ☐ ☐ ☐ 9. Imagine a person you are angry with. Imagine understanding that person.
☐ ☐ ☐ ☐ 10. When you feel judgmental, practice half-smiling and/or willing hands.

Describe the situation and how you practiced nonjudgmentalness:

____________________________________________________________________________________________________________________________________________________

Practice one-mindfulness: Check off an exercise each time you do one.

☐ ☐ ☐ ☐ 11. Awareness while making tea or coffee.
☐ ☐ ☐ ☐ 12. Awareness while washing the dishes.
☐ ☐ ☐ ☐ 13. Awareness while hand-washing clothes.
☐ ☐ ☐ ☐ 14. Awareness while cleaning house.
☐ ☐ ☐ ☐ 15. Awareness while taking a slow-motion bath.
☐ ☐ ☐ ☐ 16. Awareness with meditation.

Describe the situation and how you practiced one-mindfulness:

____________________________________________________________________________________________________________________________________________________

Practice effectiveness: Check off an exercise each time you do one.

☐ ☐ ☐ ☐ 17. Give up being right
☐ ☐ ☐ ☐ 18. Drop willfulness
☐ ☐ ☐ ☐ 19. Doing what is effective

Describe the situation and how you practiced effectiveness:

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List any and all wise things you did this week:

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