



MINDFULNESS 101



primary emotions



you don't choose to have primary emotions
they just happen to you!

WHAT COMES NEXT **IS** UP TO YOU



ADD JUDGMENT AND OPINION

resentment	worry
hostility	mistrust
hatred	paranoia
self-hatred	anxiety
depression	awe
hopelessness	excitement
shame	irritation
hope	disapproval
elation	disdain
optimism	criticism

from within this tempest of emotion, you react;
your thinking is distorted by judgmental feelings

secondary emotions

"it shouldn't be, it has to be, it could
have been..."



OBSERVE WITHOUT JUDGMENT

pause

identify the primary emotion
you are feeling

accept your emotion
just as it is

remember that this too shall pass

from this place of acceptance, you choose
how to respond or make a decision

mindfulness

"it is what it is."