

THOUGHTFUL PROMPTS FOR MINDFULNESS



MINDFULNESS PROMPTS

MindSweeper Collective

www.mindsweepercollective.com

Identifying Triggers

WHAT SITUATIONS OR PEOPLE TRIGGER NEGATIVE FEELINGS, SUCH AS ANXIETY OR DEPRESSION?

COULD YOU DESCRIBE THE SPECIFIC FEELING THAT IS TRIGGERED? BE AS DETAILED AS POSSIBLE. REFER TO THE LIST OF NEGATIVE FEELINGS BELOW FOR GUIDANCE.

EXAMPLES OF NEGATIVE FEELINGS

Anxiety, depression, anger, worry, distress, compulsiveness, low self-esteem, fear, flashbacks, sadness, hopelessness, irritability, embarrassment, guilt, mood swings, frustration, isolation, loneliness, self-conscious, intrusive thoughts.

WHAT NEGATIVE THOUGHTS ARE ASSOCIATED WITH THESE FEELINGS?

IS THERE A WAY TO CHANGE OR ELIMINATE THE TRIGGER?

HOW CAN I PREPARE TO MANAGE NEGATIVE FEELINGS?

HOW DO THESE NEGATIVE FEELINGS IMPACT YOUR DAILY LIFE AND RELATIONSHIPS?

REFLECT ON A TIME WHEN YOU SUCCESSFULLY MANAGED OR OVERCAME A NEGATIVE FEELING. WHAT STRATEGIES OR TECHNIQUES DID YOU USE?

“—
| You may not control all the events that
| happen to you, but you can decide not to be
| reduced by them.”

MAYA ANGELOU

Coping Strategies

WHAT ARE SOME HEALTHY COPING STRATEGIES YOU USE WHEN EXPERIENCING NEGATIVE EMOTIONS? HOW DO THEY HELP YOU?

REFLECT ON A TIME WHEN A COPING STRATEGY DIDN'T WORK AS EXPECTED. WHAT DID YOU LEARN FROM THAT EXPERIENCE?

DESCRIBE A SITUATION WHERE YOU SUCCESSFULLY USED A COPING STRATEGY TO MANAGE A DIFFICULT EMOTION. WHAT WAS THE OUTCOME?

WHAT ARE SOME NEGATIVE REACTIONS OR COPING MECHANISMS YOU'VE NOTICED EXACERBATE OR PROLONG NEGATIVE EMOTIONS, AND HOW DO THEY HINDER YOUR ABILITY TO COPE EFFECTIVELY?

BAD

COPING MECHANISMS

- AVOIDANCE
- DENIAL
- RUMINATION
- ISOLATION
- ESCAPISM
- SELF-HARM
- EMOTIONAL EATING
- OVERWORKING
- DRUG/ALCOHOL USE

GOOD

COPING MECHANISMS

- TALK TO A FRIEND
- MINDFUL MEDITATION
- EXERCISE
- JOURNALING
- SET BOUNDARIES
- SEEK PROFESSIONAL HELP
- POSITIVE AFFIRMATIONS
- CREATIVE OUTLETS
- DEEP BREATHING EXERCISES

REFLECT ON A TIME WHEN YOU SUCCESSFULLY MANAGED OR OVERCAME A NEGATIVE FEELING. WHAT STRATEGIES OR TECHNIQUES DID YOU USE?

WHAT ARE SOME MINDFULNESS OR RELAXATION TECHNIQUES, THAT HELP YOUR ABILITY TO COPE WITH STRESS?

“—

Life doesn't get easier or more forgiving, we get stronger and more resilient.”

STEVE MARABOLI

HOW DO MINDFULNESS OR RELAXATION TECHNIQUES, SUCH AS MEDITATION OR DEEP BREATHING, IMPACT YOUR ABILITY TO COPE WITH STRESS?

HOW DO YOU INCORPORATE SELF-CARE INTO YOUR ROUTINE TO HELP MANAGE STRESS AND NEGATIVE FEELINGS?

WHAT HOBBIES OR ACTIVITIES BRING YOU JOY AND HELP YOU COPE WITH NEGATIVE EMOTIONS AND WHY IS IT EFFECTIVE FOR YOU?

WHAT ROLE DO SUPPORTIVE RELATIONSHIPS PLAY IN YOUR COPING STRATEGIES? HOW CAN YOU STRENGTHEN THESE CONNECTIONS?

Strengths & Accomplishments

Recognizing your strengths and accomplishments is vital for personal development and well-being. It boosts self-esteem by affirming your worth and capabilities, fostering confidence and a positive self-image. It also serves as a source of motivation, that can inspire you to set and pursue ambitious goals. By acknowledging past successes, you build resilience, enabling you to face future challenges with optimism and determination.

WHAT ARE SOME OF YOUR PERSONAL STRENGTHS?

WHAT IS A RECENT ACCOMPLISHMENT? (BIG OR SMALL!)

DID YOU ENCOUNTER ANY CHALLENGES? HOW DID YOU HANDLE IT?

”Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”

ARNOLD SCHWARZENEGGER

WHAT MOTIVATES YOU TO CONTINUE REACHING FOR YOUR GOALS?

WHAT'S A NEW GOAL OR MILESTONE YOU ARE HOPING TO ACCOMPLISH?

DESCRIBE THE STEPS YOU PLAN TO TAKE TO ACHIEVE YOUR NEW GOAL OR MILESTONE.

HOW DO YOU ENVISION OVERCOMING POTENTIAL OBSTACLES?

Inner Critic

Our inner voice accompanies us constantly, shaping our perceptions and responses. Yet, for some with mental disorders, it can become a harsh critic or relentless bully. This voice often fixates on rumination—a cycle of repetitive, negative thoughts. Rumination traps us in overthinking, preventing us from fully engaging with the present. Recognizing this pattern is crucial for reclaiming control. Through self-compassion, mindfulness, and support, we can quiet the inner critic, fostering self-acceptance and a more balanced perspective.

DESCRIBE YOUR INNER VOICE. IS IT USUALLY SUPPORTIVE, CRITICAL, OR NEUTRAL?

REFLECT ON A RECENT SITUATION WHERE YOUR INNER VOICE WAS PARTICULARLY LOUD OR INFLUENTIAL. WHAT DID IT SAY, AND HOW DID IT MAKE YOU FEEL?

IMAGINE YOUR INNER VOICE AS A CHARACTER. HOW WOULD YOU DESCRIBE ITS PERSONALITY AND MOTIVATIONS?

IS THERE A NEGATIVE THOUGHT THAT'S BEEN BOTHERING YOU?

WHAT EVIDENCE SUPPORTS OR CONTRADICTS THIS THOUGHT?

“Before you believe anything negative your mind has to say, make sure it’s backed up by solid evidence. Often, it’s not.”

KAREN SALMANSOHN

HOW MIGHT VIEWING THIS THOUGHT FROM A DIFFERENT ANGLE CHANGE YOUR INTERPRETATION?

HOW WOULD YOU COMFORT A FRIEND WHO WAS EXPERIENCING SIMILAR THOUGHTS? WRITE A RESPONSE HERE.

ARE THERE ANY THOUGHTS OR FEELINGS THAT SURFACE ALONG WITH THE THOUGHTS?

HOW DOES RUMINATION AFFECT YOUR MOOD AND BEHAVIOUR?

HOW DOES IT IMPACT YOUR RELATIONSHIPS, PRODUCTIVITY AND OVERALL WELL-BEING?

ARE THERE SPECIFIC TRIGGERS OR PATTERNS YOU'VE NOTICED?

WRITE ABOUT RECURRING THEMES OR TOPICS THAT FREQUENTLY OCCUPY YOUR THOUGHTS DURING EPISODES OF RUMINATION. WHAT UNDERLYING BELIEFS OR FEARS MIGHT BE FUELING THESE PATTERNS?

REFLECT ON THE SIMILARITIES AND DIFFERENCES BETWEEN CURRENT RUMINATING THOUGHTS AND ONES YOU'VE EXPERIENCED IN THE PAST. HAVE YOU NOTICED ANY PROGRESS OR CHANGES OVER TIME?

Cognitive distortions can lead to negative thinking patterns and affect emotions, behaviours, and relationships. Recognizing and challenging these distortions is key to promoting mental well-being and fostering more balanced thinking. See next page for list.

HERE ARE SOME EXAMPLES COGNITIVE DISTORTIONS.

- * Scenario A: Despite receiving praise for your performance in a sports competition, you brush it off as luck and downplay your abilities, believing that it wasn't a big deal. **Distortion: Discounting the positive.**
- * Scenario B: Your friend cancels plans to hang out, and you immediately assume they don't like you anymore, without considering other possible reasons for the cancellation. **Distortion: Jumping to conclusions.**
- * Scenario C: You feel anxious about attending a social event, so you assume that something bad will happen if you go, without any actual evidence to support this belief. **Distortion: Emotional reasoning.**

HOW DOES UNDERSTANDING COGNITIVE DISTORTIONS SHIFT YOUR PERSPECTIVE OR ALLEVIATE DISTRESS?

Cognitive Distortions

All-or-Nothing Thinking: Seeing things in black-and-white categories, ignoring the grey areas or complexities of situations.

Overgeneralization: Drawing broad conclusions based on a single event or limited evidence.

Mental Filter: Focusing exclusively on negative details while ignoring positive aspects of a situation.

Discounting the Positive: Rejecting positive experiences or achievements as insignificant or irrelevant.

Jumping to Conclusions: Making negative interpretations without evidence or jumping to conclusions prematurely.

Magnification (Catastrophizing) and Minimization: Exaggerating the importance of negative events while minimizing positive ones.

Emotional Reasoning: Believing that because you feel a certain way, it must be true, regardless of evidence.

Should Statements: Using "should," "ought to," or "must" statements to impose unrealistic expectations on yourself or others.

Labeling: Applying negative labels to yourself or others based on isolated behaviors or mistakes.

Personalization: Taking responsibility for events that are outside of your control or blaming yourself for things that are not your fault.

Blaming: Holding others responsible for your own feelings or problems, ignoring personal accountability.

Fallacy of Fairness: Believing that life should always be fair and feeling resentful when it isn't.

Control Fallacies: Believing that you are powerless or completely responsible for events beyond your control.

The Fallacy of Change: Expecting others to change to meet your needs or believing you can change others.

Always Being Right: Insisting on always being right, even at the expense of relationships or factual accuracy.

DO ANY OF YOUR THOUGHTS/RUMINATIONS FIT INTO ONE OF THE COGNITIVE DISTORTION CATEGORIES?

ARE THERE RECURRING PATTERNS OR THEMES IN YOUR THOUGHTS THAT SUGGEST A SPECIFIC DISTORTION?

BY RECOGNIZING THE COGNITIVE DISTORTION HOW CAN YOU ACTIVELY WORK TO CHALLENGE AND REFRAME THESE PATTERNS TO FOSTER A MORE BALANCED AND RATIONAL PERSPECTIVE?

HAS YOUR PERSPECTIVE CHANGED REGARDING THE THOUGHT/RUMINATION YOU IDENTIFIED EARLIER?

“—
Rumination is like a rocking chair: it gives you something to do but gets you nowhere.”

GLENN TURNER