




# Loosen Grip on Loved Ones

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
<b>My Exercise</b>	What loved ones will you resist checking on today?
<b>Old Monkey Mindset</b>	Example: "I can't relax unless I am sure they're safe." 
<b>New Expansive Mindset</b>	Example: "I assume safety unless there is clear sign of danger."
 <b>My Higher Values</b>	<p>Underline the values you will honor with this exercise.</p> <p>Presence      Patience      Courage      Self-reliance</p> <p>Self-compassion      Trust      Acceptance      Wisdom</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 <b>Negative Emotions Welcomed</b>	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Fear      Doubt      Distrust      Insecurity</p> <p>Foolish      Guilty      Anxiety      Loneliness</p> <p>Other _____</p>
<b>Star Rewards Checklist</b>	<p>Color in a star for each item you checked on the checklist.</p> <ul style="list-style-type: none"> <li>☆ Listened to my AudioCoach before/during the exercise</li> <li>☆ Welcomed negative emotions with my breath</li> <li>☆ Redirected myself to my expansive mindset</li> <li>☆ Used my wristband or other kinesthetic learning tool</li> </ul>