

MINDFULNESS HANDOUT 5C

(Mindfulness Worksheets 2–2c, 5–5c)

Ideas for Practicing Effectiveness

1. Observe when you begin to get angry or hostile with someone. Ask yourself, “Is this effective?”

2. Observe yourself when you start wanting to be “right” instead of effective. Give up being “right” and switch to trying to be effective.

3. Notice willfulness in yourself. Ask yourself, “Is this effective?”

4. Drop willfulness, and practice acting effectively instead. Notice the difference.

5. When feeling angry or hostile or like you're about to do something ineffective, practice willing hands.

6. Other: _____