

Mindfulness in the Red Zone Worksheet

When I am in the red zone with **anger**...what skillful behavior has helped me to regain some access to mindful awareness, balanced mind, or wise mind?

- 1.
- 2.
- 3.

When I am in the red zone with **fear**...what skillful behavior has helped me to regain some access to mindful awareness, balanced mind, or wise mind?

- 1.
- 2.
- 3.

When I am in the red zone with **sadness**...what skillful behavior has helped me to regain some access to mindful awareness, balanced mind, or wise mind?

- 1.
- 2.
- 3.

When I am in the red zone with **shame**...what skillful behavior has helped me to regain some access to mindful awareness, balanced mind, or wise mind?

- 1.
- 2.
- 3.

