

# Unpleasant Reflections

It is human to want to push away anything that feels unpleasant. In this part of the mindfulness course, we are learning that it is unhelpful to avoid or suppress difficult feelings such as stress - and that it can be very helpful to 'allow' the unpleasant to be as it is in the present moment. We can practice making some space for the unpleasant - and in doing so bring attention to any impulsive or unhelpful actions that are arising. In this way, we create an opportunity for wiser and more considered choices. Use the template below to record and lean into anything unpleasant in the coming weeks. Are you able to recognise the unpleasant and sit with it - taking the 'fight' out of the experience? Start with some small difficulties or challenges.

I have provided an example to help you get started with this activity.

Describe the unpleasant experience (what happened?)

*An unfair criticism from my manager during our weekly catch-up.*

How did it feel in the body?

*Like my body was being flooded with agitation, heart-racing, my cheeks went red.*

What thoughts & ideas came up?

*I hate being talked over; my manager is unkind and unprofessional. I feel ambushed. Why am I such an easy target? Why can I never defend myself properly in these situations, I am so weak.*

What were my moods & feelings?

*Like I wanted to cry, also angry.*

Were there any actions or impulses?

*To get up and walk away, to shout back.  
Leave my job.*

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