

**WORKSHEET: RESTATING JUDGEMENTS AS MINDFUL LABELS**

Your name: \_\_\_\_\_

*\*\*\*Remember to maintain an attitude of friendly curiosity\*\*\**

<b>Day and time</b>	<b>What was the situation?</b>	<b>What thoughts, emotions, sensations or urges did you notice?</b>	<b>What was your judgemental thought?</b>	<b>Restate your judgement as a mindful label in 3 different ways.</b>