



Dr. K's Guide to Mental Health

Meditation Module | Working with Samskaras | Worksheet

Step 1: Which of the following applies to you? How so and to what extent?

Believing that my worth is tied to my performance and/or that love is conditional.

Feeling hopeless, using it to protect yourself from failure and rejection, and never trying because there is no point.

Getting caught up in fantasy when you're feeling bad, and then staying stuck in life despite always dreaming how things will get better.

Being filled with blame – either towards myself (“It’s all my fault”) or others (“They screwed up my chances”), and being unable to let go of that resentment or forgive.

Feeling like you’ve fallen behind, desperately feeling the need to catch up, but you have the sinking feeling in the back of your mind that it will never be enough.

Step 2: Now note the feeling, recognize that it is like a program activating in your mind at certain times.

- What is the environment that triggers the samskara or the feelings of depression?
- Make note of a time when you felt the samskara activating. What activates your samskara?



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Step 3: Next, try to think about when you felt that feeling for the first time. It may have been quite early, and it may be during a time that didn't feel that important (ie, a relatively minor occurrence).

- Write 1 page about your first experience feeling that way.



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Step 4: Next, try to think about where those emotions went, the first time you felt them.

- Did they go dormant? Did they linger? Did you process them?
- Think through them, talk through them, try to understand why you felt that way, and ended up feeling peaceful?

Step 5: As you become quite familiar with it, notice that in the present. The feeling may not actually be entirely due to your current situation, but a holdover from the past.

- Notice how the emotional energy of the present may be an echo of the past.
- How have you sort of “saved” that emotional energy and how does it arise again?

(For example: If you were betrayed in a romantic relationship, recognize that your paranoia from today may not be appropriate with your current partner; but rather is your brain's way of not making the same mistake twice.)