



# Dr. K's Guide to Mental Health

## Vedic Psychology | Worksheet

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**Exercise:** Take a particular scenario from your life where you feel negative emotion and map out what happens in your mind:

In the first 1-30 seconds, notice the action of the manas, or emotional mind.

- What emotions do you feel? What likes/dislikes do you experience?

Then, in the next 1 minute, notice the action of the ahamkara, or "Feeling of I".

- How do you feel about yourself? What relates to your identity? What does "who you are" have to do with this experience? Just jot down the thoughts or impressions you have about yourself.

- Comparison is also a feature of the ahamkara – how does this experience cause you to compare yourself to others? Pay attention to pumping yourself up, putting others down, or even bizarrely, putting yourself down.



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Next, notice the war between your ahamkara and buddhi, or intellect.

- What “evidence” does your mind produce for you to convince you that your feelings and identity are correct?
- See how your mind just produces things (such as convincing arguments).
- Jot down the thoughts your mind presents to prove you are right.

And finally, as you begin to calm down, where did all that negativity and emotion go?

- How do you feel now? And more importantly, what does it take to recall that same ball of negative emotion and programming?