



Dr. K's Guide to Mental Health

Meditation Module | System of Mind | Worksheet

Exercise: Thought cultivation of the mind

Step 1: Pick 5 good thoughts that you have and 5 bad thoughts that you have.

- “Good” meaning desirable or that moves you in the right direction.
- “Bad” meaning undesirable, lowering your self-esteem, or keeping you stuck.

Step 2: Identify the sources of the thoughts

- Think about what indriya (sense organ) or external sources you have for these thoughts. Perhaps a toxic friend, a video game that you play, or feelings of jealousy over a classmate.

Step 3: Are these thoughts better controlled internally or externally?

Step 4: Brainstorm how you can alter your exposure to the source

- What action will change (either increase in the case of good thoughts or decrease in the case of bad thoughts) the sensory bombardment from the thought? For example, reducing the time you spend with a toxic friend, doing something for a little while before playing a video game, or facing your internal feelings of jealousy.
- For externally driven things, think about literally crafting the environment that reduces the bombardment on your senses.
- For internally driven things, think about what you can do that move your mind away from those thoughts, or observe them with awareness as they arise. Don't “follow” them – don't let them sprout additional thoughts.

(Remember that we have resources on how to deal with internal sources in more detail in the Vedic Psychology and Samskara lessons.)



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Thought	Sources of the thoughts	Internal or External	Ways to alter exposure