



Dr. K's Guide to Mental Health

Meditation Module | The Nature of Self | Worksheet

What are you?

Are you your body? Are you more than your body? What do you base this belief on?

What are the attributes of your life that you identify with?

When are the times you've suffered the most?



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Write 1 page about an experience you had where you suffered intensely.

Now go back through and highlight your ego (your sense of identity) throughout this process.

For each sentence, think about how you felt about yourself, or who you thought you were during this time. As someone broke up with you, did you identify as unlovable? As you dropped out of college, did you identify as a failure?

Go through and literally add in sentences of how you felt to the initial one page write-up.



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Now try to find a period in your life where you felt a negative emotion, but didn't necessarily have a sense of negative identity. When was a time where you didn't associate your sense of self with the negative emotions going on around you? For example: not landing a job but not caring, asking someone out and being rejected but oddly enough being ok with it, or even grief from losing a loved one. Write one page about this experience.

Now, go back through and highlight what your sense of identity was during the periods of negative emotion. Go through and literally add in additional sentences of how you felt to the initial one page write up.



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Reflect on the correlation between sense of identity and suffering.