



Dr. K's Guide to Mental Health

Meditation Module | Sangha | Worksheet

- Select 6 communities, or groups of people.
- List your common topics of discussion with these groups of people. Literally, what words are exchanged routinely with this group of people.
- How is your mood affected by an interaction with this group?
- Lastly, what kind of actions do you take when you get exposed to a particular group of people.

COMMUNITY

Common Topics

Mood

Actions

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