



Dr. K's Guide to Mental Health

Meditation Module | Satya | Worksheet

How long can you go without telling a lie? See how long you go the first time. Then try again, and again. With each attempt, try to lengthen the time you go without telling a lie.

At weekly intervals, comment on the change in the following parts of yourself. Comments don't have to be detailed, but try to capture what you've noticed about yourself. Try the practice for 1-2 months at a minimum.

Attempt #

of days

How has your awareness of what comes out of your mouth changed? Do you pay attention to what you say more?

Are you speaking more carefully? Skirting the truth? What happens in your mind when you do? Oddly enough, yogis considered this to be acceptable. Remember the goal is to cultivate presence – so if you have to choose your words carefully, at least you are being careful and present.

How has your behavior changed? Have you started to change what you do so you don't have to lie about it?

Have you noticed any change in consequences? Oftentimes, the reason people lie is to avoid consequences. Are you facing more consequences? How does it feel to face consequences?

Have your relationships with others changed? Do they treat you differently? Do you treat them differently?