

Loving Kindness

Due Date: _____ Name: _____ Week Starting: _____

Check off the types of loving kindness mindfulness practices you did this week. Write out descriptions of two different times when you practiced loving kindness. Use the back of this worksheet if more space is needed.

To myself To a loved one To a friend To someone I was angry with
 To a difficult person To an enemy To all beings Other: _____

Describe the script you used (i.e., the warm wishes you sent):

1. _____
2. _____
3. _____
4. _____
5. _____

Check if practicing loving kindness has increased any of the following, *even a little bit* toward this person: Feelings of warmth or caring Love Compassion
 Feelings of connection Wisdom Happiness Sense of personal validity

Describe how the skill helped or did not help you become more compassionate: _____

To myself To a loved one To a friend To someone I was angry with
 To a difficult person To an enemy To all beings Other: _____

Describe the script you used (i.e., the warm wishes you sent): Same as above (check if correct).

1. _____
2. _____
3. _____
4. _____
5. _____

Check if practicing loving kindness has increased any of the following, *even a little bit* toward this person: Feelings of warmth or caring Love Compassion
 Feelings of connection Wisdom Happiness Sense of personal validity

Describe how the skill helped or did not help you become more compassionate: _____

List any and all wise things you did this week: _____