

Teach sheet H

Thinking about acceptance, compassion and mindfulness ~ kindness

→ If you find this helpful, you might like to use these questions for any other topics too



Can you finish the sentences:

→ One thing I'm going to do differently is

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.....

→ My strongest feeling in relation to this issue is ...

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.....

→ It was helpful to hear

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→ I was glad to have the chance to think/talk through

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→ The principles we talked about remind me of

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