

# PHILOSOPHICAL MEDITATION

WORKBOOK

1

PHILOSOPHICAL MEDITATION:  
ANXIETY

1. NOTING ANXIETY

Run an eye over this list:

Work, Relationships, Family, Health, Sex, Money, Things I have to do.

For THREE of them, write down an anxiety that comes to mind.

.....

.....

.....

.....

.....

.....

.....

.....

2. UNPACKING ANXIETY

Complete the following sentences:

What I’m really afraid will happen is...

.....

.....

.....

What I’m going to need to do is...

.....

.....

.....

1

# PHILOSOPHICAL MEDITATION: ANXIETY

## 3. REASSURING ANXIETY

Now is the work of containment and reassurance:

The worst that can happen is...

---

---

---

I could probably cope because...

---

---

---

With a partner, listen to each other's answers

---

---

---

---

---

---

2

PHILOSOPHICAL MEDITATION:  
UPSET

1. NOTING UPSET

Run an eye over this list:

Partner, Friend, Colleague, Parent, Child

For ONE of them, write down an upset that comes to mind.

.....

.....

.....

.....

.....

.....

.....

2. UNPACKING UPSET

Complete the following sentences:

What they failed to realise is...

.....

.....

.....

It's upsetting because...

.....

.....

.....

I wish they had...

.....

.....

.....

2

PHILOSOPHICAL MEDITATION:  
UPSET

3. REASSURING UPSET

Console the hurt part of you:

This must have hurt.

Could they guess they hurt you?

.....

.....

.....

.....

.....

.....

.....

.....

How would they respond if they learnt about it?

.....

.....

.....

.....

.....

.....

.....

.....

# 3

## PHILOSOPHICAL MEDITATION: EXCITEMENT

### 1. NOTING EXCITEMENT

Write down the name of a person who recently made you feel excited, intrigued or envious.

---

---

---

---

---

---

---

---

---

---

### 2. UNPACKING EXCITEMENT

Complete the following:

In the light of this person, I should...

---

---

---

If I were to get more of what was inside the experience, I should...

---

---

---

### 3. PLANS FROM EXCITEMENT

Take these signals as serious guides to a future self. What excites us, arouses our curiosity or envy is providing data – in a slightly illegible form – about something important missing in our lives.

We should acknowledge and respond to the direction we are being inarticulately but wisely pointed towards.

NOTES

This image shows a single sheet of white paper with ten horizontal dotted lines spaced evenly apart, typical of primary-ruled notebook paper. The lines extend across the full width of the page.[illegible]