

Emotions That Surface During Meditation



1. What emotion became noticeable during meditation, and when did you first recognize it?

2. Did the emotion become stronger, weaker, or simply easier to notice as you stayed with it?



3. Where in your body did you notice the emotion most clearly?

4. What happened when you stopped trying to push the emotion away or make it disappear?



5. Did you notice yourself resisting, holding onto, or judging an emotion? What did that look like in the moment?

