

Thoughts and Mental Chatter

A Guided Mindfulness Printable

1



What thought or topic kept coming back during your meditation?

2



Did the same thought return in exactly the same form, or did it change each time?

3



What situation did your mind repeatedly try to rehearse, predict, replay, or solve?

4



When the recurring thought appeared, what happened to your attention afterward?

5



Which thought kept returning even though you had no immediate reason to act on it?

