

Mindfulness Based Recovery™ Mindful Self Assessment

Name	Wrong Speech				Wrong Action				Wrong Livelihood			
	Dishonest	Gossip/ Divisive	Abusive/ Hurtful	Idle/ Unnecessary	Hurtful	Dishonest	Sexual Misconduct	Selfish	Dishonest	Hurtful Endeavors	Dealing Intoxicants	Hurtful Weapons
Self	✓										✓	✓
Tom	☑	✓										
Moira				✓								
Boss						☑						
Courts												
Store						☑						
Unknown	☑						☑					
Mindful Qualities	Honest	Loving	Peaceful	Useful	Peaceful	Honest	Giving	Selfless	Honest	Harmless	Restraint	Harmless
	Right Speech				Right Action							