

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	Harmful Products
Self												
Mindful Qualities	Honest	Loving	Peaceful	Useful	Peaceful	Honest	Giving	Selfless	Honest	Harmless	Restraint	Harmless
	Right Speech				Right Action				Right Livelihood			