

Abundant Life VS Suffering Worksheet

Abundant Life - situations, conversations or activities that enriched my life, or improved my health, wellbeing, or relationships in the long term.

Suffering - situations, conversations or activities that restricted or worsened my life, drained my health and wellbeing, or hurt my relationships in the long term.

Painful Thoughts,
Feelings, Urges,
Sensations, Memories
that showed up today

Things I did, when
those thoughts and
feelings showed up,
that lead to
abundant life

Things I did, when
those thoughts and
feelings showed up,
that lead to suffering