

Name It To Tame It

The Hindrances

Everyone experiences them!

1. Wanting
2. Not Wanting or Aversion
3. Restlessness
4. Lethargy or Sleepiness
5. Doubt

Use the box below to practice naming what arises: wanting or not wanting, sleepiness or restlessness, different bodily sensations such as tension or ease, without labeling your experiences as good or bad, right or wrong. Simply name what you become aware of and watch how this awareness helps you to navigate life with greater balance.

