

# Week 1: Chitta Mapping Reflection Worksheet

## Welcome to Your Reflection Practice!

Congratulations on taking the first step toward mapping your Chitta! ✨ This worksheet is designed to guide you through a series of questions and prompts to help you reflect on your current understanding of your internal world and set the stage for deeper exploration. There's no right or wrong way to answer these questions—simply let your thoughts flow and connect with your inner experience.

## Section 1: Understanding Your Inner Landscape

### 1. What parts of yourself are you already aware of?

Consider the different aspects or voices you notice within yourself. These might show up as thoughts, feelings, behaviors, or recurring patterns. Write down any parts that come to mind, no matter how small or undefined they might seem.

- Example: "I'm aware of a voice that often criticizes me when I make mistakes. I also notice a part that wants to protect me from harm."
- My Observations:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. When do you feel most like 'you,' and when do you feel fragmented or disconnected?

Reflect on situations, people, or environments where you feel a strong sense of alignment with yourself. Then, consider times when you feel less connected or even conflicted.

- My Observations:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 3. What do you hope to gain from mapping your Chitta?

Think about why you're embarking on this journey. Are you looking for more clarity, healing, or a deeper understanding of your internal dynamics? Write down your intentions and goals.

- My Goals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Section 2: Recognizing Patterns and Roles

### 1. Do you notice any recurring patterns in your thoughts, feelings, or behaviors?

Identify patterns that repeat in your life. These could be certain thought processes, emotional reactions, or behaviors that show up in similar situations.

- Pattern #1: \_\_\_\_\_
- Pattern #2: \_\_\_\_\_
- Pattern #3: \_\_\_\_\_

### 2. What internal roles do these patterns play?

For each pattern, consider if it serves a specific role or purpose within you. For example, a critical voice might be trying to protect you from making mistakes, or a playful side might show up to help you relax.

- Pattern #1 Role: \_\_\_\_\_
- Pattern #2 Role: \_\_\_\_\_
- Pattern #3 Role: \_\_\_\_\_

## Section 3: Connecting with Your Inner World

### 1. If you could visualize your Chitta, what would it look like right now?

Close your eyes and imagine your internal world. Is it a landscape? A web of connections? A series of rooms or containers? Draw or describe your visualization below.

- My Visualization:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

(Optional: Use the space below to draw your visualization)

2. **What emotions come up as you reflect on your internal landscape?**

*Write down any emotions that surface as you go through this exercise. There's no need to analyze them—just acknowledge and note them.*

○ Emotions:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Section 4: Moving Forward**

1. **What is one small step you can take this week to connect more deeply with your inner world?**

*Choose one small action you can commit to, whether it's journaling, meditation, or simply taking time to notice your thoughts and feelings throughout the day.*

○ My Next Step: \_\_\_\_\_

2. **Any additional thoughts, questions, or insights?**

*Use this space for any other reflections or insights that came up for you during this exercise.*

○ Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Congratulations!** 🎉

*You've completed your first reflection practice for Chitta Mapping. Remember, this is just the beginning of your journey. Feel free to revisit these questions at any time and see how your answers evolve as we continue exploring together.*

**Be sure to check your inbox next Monday for Week 2, where we'll dive into identifying your parts!**