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STATE OF MIND



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ABOUT

Mindfulness is a health behavior that helps us improve and mature our state of mind. As we attain new understanding about ourselves and the workings of our mind, we naturally yearn for healing and coherence in our lives and our actions in the world.

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CONTENTS

• The unexamined mind	3
• Symptoms of an unexamined mind	3
• The drama triangle	4
• Above the triangle: mindfulness	5
• Everyday mindfulness	6

THE UNEXAMINED MIND

Until we turn our gaze inward, towards ourselves, we will never be able to understand why anyone behaves the way they do-- and this includes ourselves.

To see clearly and independently requires a new relationship with our minds and our intelligent consideration of its motives.

SYMPTOMS OF AN UNEXAMINED MIND

Recognizing these symptoms in ourselves and others can help us to better understand the hindrances to living authentically, as well as the impacts on our overall well-being and peace of mind. NOTE: Many of these behaviors are addictive and may require the assistance of a ***qualified mental health professional*** (not AI) in your community.

- Persistent negative thoughts
- Blame-shifting & shaming
- Avoidance of self-reflection
- Ignoring personal health and safety
- Rigid thinking patterns
- Distorted perceptions of reality
- Control of others to reduce anxiety
- Overreliance on beliefs & assumptions
- Violence against others
- Chronic anxiety or worry
- Low self-esteem
- Avoidance of uncomfortable feelings
- Self-righteousness/speaking for others without consent
- Impulsive behavior
- Difficulty in relationships
- Resistance to change
- Lack of clarity in personal values
- Feeling overwhelmed by life pressures
- Inability to cope with stress
- Difficulty in accepting feedback
- Emotional outbursts
- Feeling disconnected from oneself
- Unprocessed grief

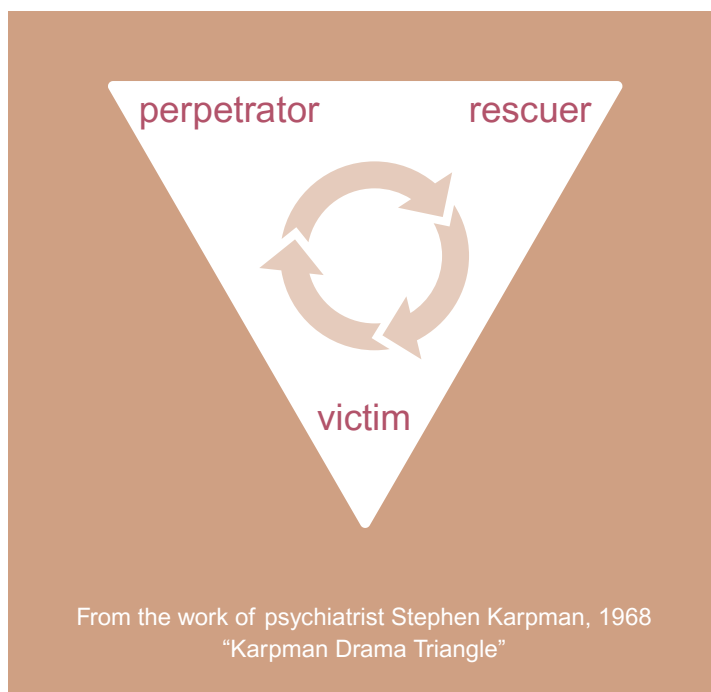
THE DRAMA TRIANGLE

As social beings, none of us escapes this triangle without at least a few go-arounds in its sticky landscape. It's only through self-awareness and mindfulness that we can transcend these painful and unproductive roles.

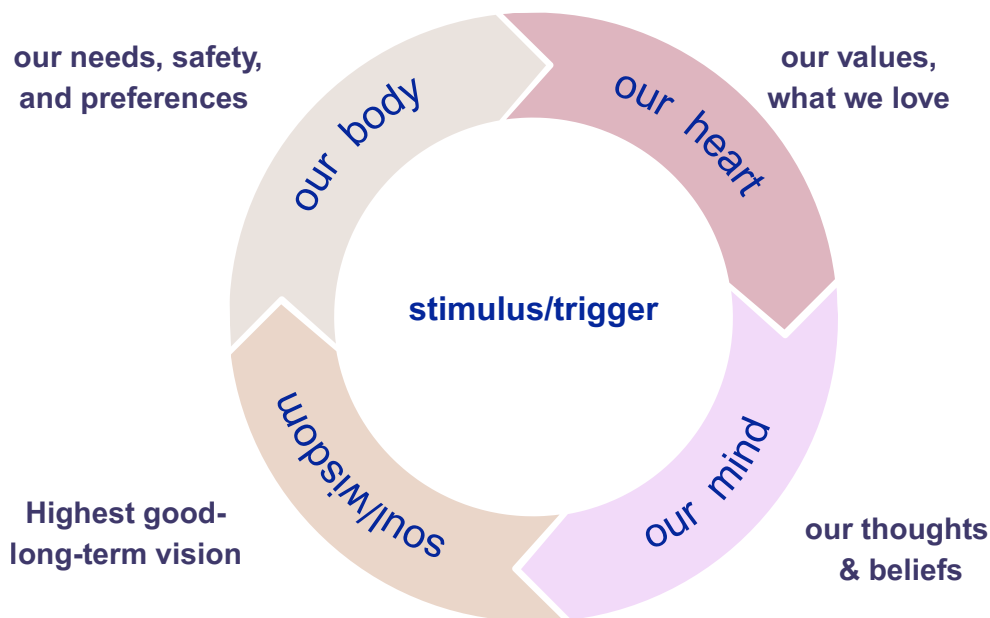
- **victim:** feels oppressed and powerless, often seeking sympathy
- **rescuer:** attempts to help others, but does so out of a need for control
- **persecutor:** blames others and adopts a critical stance, often masking their own vulnerabilities

Overcoming the drama triangle shifts us into a new relationship with ourselves-
- from passive to creative participant:

- **victim to vulnerable:** acknowledge struggles while also seeking solutions
- **rescuer to supportive:** respect individual free will and offer help only when asked, allowing others to take responsibility for their behaviors
- **persecutor to assertive:** express needs and contribute to the social good without the need to blame anyone or anything



ABOVE THE TRIANGLE: MINDFULNESS



Whether there's a stimulus (a trigger) or not, mindfulness is the ability to observe and weave in our innate intelligence(s) before taking action. **Mindfulness is one of the most effective ways to improve and mature your state of mind.**

Mindfulness is not giving anyone a *"piece of your mind"* or telling others how they should feel, nor speaking for them without consent/permission, but about intelligently assessing how we feel, what we love, and the greatest good for all involved, before formulating a strategy or thought.

EVERYDAY MINDFULNESS

- Practice ways to regulate your nervous system, daily
- Avoid excessive fear consumption
- Set mindful boundaries
- Avoid criticizing self and others - ask *why* or *what* questions instead
- Inquire into the nature of your negative thoughts-- are they true?
- Read books and media that expand your knowledge
- Set achievable, joyful goals for personal and professional growth
- Do not speak for others without their consent
- Learn a new language or skill
- Keep a gratitude journal to understand what you love
- Write down angry or conflicting thoughts to better understand them
- Exercise regularly to boost brain + body function
- Get enough sleep
- Eat what you love
- Drink what you love
- Don't outsource your mindfulness to gadgets
- Practice deep breathing exercises to reduce stress
- Spend time in nature to refresh your mind and connect to what is real
- Take regular breaks during work or study sessions
- Practice time management to reduce stress
- Engage in creative activities like drawing or writing
- Speak kindly to self and others
- Engage in self-reflection and introspection
- Seek therapy or counseling when needed
- Listen to music and sounds you love





Between stimulus and
response there is space.

In that space is our
power to choose our
response.

In our response lies our
growth and our freedom.

Viktor E. Frankl

