

Doing versus Being Mode Quiz

Instructions: Mark on the scale where you would rate yourself between each of these 7 contrasting mindsets. If you evaluated yourself toward the left side, you most often live in the *doing* mode versus living in the *being* mode which is to the right side of the scale. Learning to practice mindfulness will help you live more in the being mode.

Doing Mode

Being Mode

1. Automatic pilot | | | | | | | | | | **Conscious choice**

Explanation: Automatically reacting to the moment with our old habits (automatic pilot) versus being present in the moment and thus having greater choice over our responses (conscious choice).

2. Analyzing | | | | | | | | | | **Sensing**

Explanation: Being in our heads (analyzing) versus being in touch with our God-given senses which help us attend to those around us in an open and positive way (sensing).

3. Striving | | | | | | | | | | **Accepting**

Explanation: Trying to 'get out of the current moment' (striving) versus appreciating the moment for what it is (accepting).

4. Thoughts are solid and real | | | | | | | | | | **Thoughts are mental events**

Explanation: Believing that every thought we think is true (seeing thoughts as solid), versus seeing them as events in our minds that may or may not reflect reality (treating thoughts as mental events).

5. Avoidance | | | | | | | | | | **Approach**

Explanation: Trying to avoid certain emotions and thoughts (avoidance) versus openly approaching them while minimizing commentary and judgement about them (approach).

6. Mental time travel | | | | | | | | | | **Remaining in the present moment**

Explanation: *Re-living* past events and *pre-living* future calamities, thus *re-feeling* the past emotion and *pre-feeling* future emotion (mental time travel) versus seeing and living life in the present as it unfolds (remaining in the present moment).

7. Depleting activities | | | | | | | | | | **Nourishing activities.**

Explanation: Doing activities that sap our mental and emotional energy (depleting activities) versus experiencing life in ways that replenish our soul (nourishing activities)