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Peace of Mind:

Being at peace with oneself and the world and, even in extremely difficult times, finding the peace that surpasses understanding.

1. When you have peace of mind, how is your life?

2. How important is peace of mind to you?

Not important Kind of important Very important

3. How often do you have peace of mind?

Hardly ever Sometimes Often

4. What thoughts, feelings, and behaviors disturb your peace of mind?

5. What will you do to nurture peace of mind in your life?

Accept the things I can't change, like _____

Have the courage to change the things I can, like _____

Meditate _____

Journal _____

Forgive _____

Make amends to _____