

# Daily Naikan Reflection

Naikan reflection is centered around three questions that ask us to reflect on our relationships with others (both beings and inanimate objects). Once a day, for 20-30 minutes, ask yourself the following questions, and be as specific as possible in your answers. Write them on the back of this paper, or other paper if you need more room. If you find reflecting once a day to be challenging, try one set weekday and one set weekend day.

- 1) What have I received from others today?
- 2) What have I given others today?
- 3) What troubles or difficulty did I cause for others today?

Examples:

## **What have I received from others today?**

1. I was kept warm by pants my partner gave me last year.
2. My mail was on time.
3. The person who made my coffee was kind to me.

## **What have I given others today?**

1. I fed my cat and cleaned her litter box.
2. I watered the front lawn.
3. I texted my mother to tell her I love her.

## **What troubles or difficulty did I cause for others today?**

1. I didn't answer the phone when my father called.
2. I spoke ill of a colleague.
3. I made an offhand remark to someone on the bus that appeared to trouble them.

See the next page for a log you can fill out.

What have I received from others today?

What have I given others today?

What troubles or difficulty did I cause for others today?