

Attending to Emotional, Mental or External Difficulties

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Caring for the Difficulty

When we are faced with a difficult emotion, we often seek ways to change how we feel, trying to “outthink” the emotional experience or putting our attention elsewhere.

Attending to these moments with mindfulness requires some patience and compassion.

By caring for the painful experience, you can allow yourself to feel it and see it with clarity.

This exercise will help you practice being with the difficulty rather than pushing it away.

Start this practice when you are experiencing something difficult.

It can be an emotional experience, such as anger; a mental experience, like racing thoughts;

an external experience, like a stressful workday;

or any other difficulty you face during your day.

When you notice that you’re having a difficult moment, bring your awareness into the experience.

Instead of pushing it away or resisting, turn toward it.

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Caring for the Difficulty

Place your hand over your heart.

This stimulates the vagus nerve, activating the parasympathetic nervous system.

Recognizing the pain and keeping your hand on your heart, offer yourself a few phrases.

These phrases help you recognize the difficulty, turn toward it, and respond with compassion:

This is a moment of pain [or discomfort, difficulty, etc.]

I cannot avoid all pain in life.

I care about this suffering.

Repeat these phrases to yourself with the intention of caring for the difficulty.

If the mind tries to fix the pain or solve the problem, just return to the phrases and self-compassion.

After 10 minutes, let go of the phrases and remove the hand from the chest.

The difficulty may not be gone, but remember the phrases are always accessible throughout your day.

