

Dealing with Negative Thoughts

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



Dealing with Negativity

No matter how much you try to think positive thoughts and be optimistic about the future, unpleasant thoughts will still arise.

You cannot avoid them, and there is no use in pretending they aren't present.

Your mindfulness practice can help you approach these thoughts with curiosity.

As you build an understanding of your unpleasant thinking patterns, they will no longer hook you in so strongly.

You can learn to allow them to be present without letting them consume you.

This exercise is a practice in letting thoughts go so that you are better able to do it when negative thoughts arise.

Close the eyes and tune in to the points of contact in the body.

Feel yourself grounded and stable as you sit.

Breathe deeply, feeling the body supported by the chair or cushion.

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Dealing with Negativity

Pay attention to the experience in your mind.

Notice any thoughts as they arise, and try to identify any emotions that go with them.

Pay special attention to negative thoughts, and note what you're feeling or thinking.

Try to avoid the word negative, and instead identify each thought as sad, unpleasant, irritating, painful, or otherwise.

Continue for five minutes, noting any thoughts and their accompanying feelings.

Make impermanence the focus of this practice.

See each thought and acknowledge it as it passes.

Continue to note what you're thinking about and how it feels, using noting phrases like "Coming, going" or "Arising, passing," if you choose.

After five minutes, return to the body for a few deep breaths.

Remind yourself that thoughts come and go, and you have a choice in whether or not you believe each one.

