

Recognizing Your Resilience to Difficulty

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



You Can Handle This

You are capable of handling more than you give yourself credit for.

Difficult emotions may sometimes get the better of you, but they always pass, and you always make it through them.

By bringing mindfulness to the process of going through hard times, you can train yourself to recognize your own resilience.

Seeing clearly that you are capable of handling the difficulty, you will train the mind to know you are okay.

Close the eyes and adjust your posture so that you are comfortable.

Ground yourself in the body, feeling the feet on the floor, the body in the chair or cushion, and the movement with the breath.

Bring to mind a difficult emotion you have experienced recently.

Do not indulge in the story.

Instead, focus on the feeling.

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You can do this by tuning in first to the body.

What does the body feel like when this emotion is present?

Feeling the emotion in the body, investigate your capacity to be with it.

What feels overwhelming or unmanageable?

Ask yourself if you are able to handle the feeling in this single moment.

Continue to tend to the bodily experience, examining whether you're able to be present with it or not.

After a few minutes, move your attention to the mind and mental state.

When this emotion is present, what is the mind doing?

Notice the thoughts that arise and the general feeling of the mind.

Again, ask yourself if anything arising is too much for you to handle.

For the final two minutes, reflect on the pains and difficulties you have gone through over your life.

Through small frustrations and larger experiences of grief and tragedy, you have made it to this moment, today.

Recognize your natural resiliency, remembering that you are, indeed, capable.

