

Restoring Confidence When Negatively Impacted

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



Meditation: Restoring Confidence When Negatively Impacted

In this exercise,
I'm going to share how mindfulness can help restore feelings of confidence
That may have been negatively impacted over time

Many survivors of very difficult circumstances
Will get to this stage in this mindfulness path
with an even stronger sense of themselves
and a deeper appreciation
for their own resourcefulness.

But trauma and deep internal challenges can leave its mark on confidence,
attitudes, relationships, and behavior
long after the core wound has healed.

Mindfulness practices can help you
to feel more confidence in yourself
Restoring you
To your own original authenticity.

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Over time,
You may have developed the tendency
To over-monitor everything in your experience,
Looking out for signs of danger, harm, or anything unpleasant.

Of course, it's healthy to look out for danger,
But it can be unhealthy if we're not balancing it out
By remembering the 99% of the time
When we're actually ok
In each present moment.

So if you learn to acknowledge your monitoring
without letting it take over,
you will stop undermining your confidence in your current state of 'ok-ness'.

By opening up to
And bringing mindfulness to all of the positive states of being throughout your day,
Your sense of self-confidence
Will grow bit by bit,
Drop by drop,
Until your water bucket of self confidence
Is full and embodied.

The more you open up to
Your sense of being ok
IN THIS MOMENT,
Moment by moment,
The more your nervous system will relax,
The more embodied you will feel,
And the more internal resources you will feel are available to you.

By also bringing mindfulness to more and more moments of safety,
Health, happiness, and peace, you will automatically increase self-confidence with you,
And feel more confident about others.

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.....
 LEAD GUIDED MINDFULNESS PRACTICING, BRINGING AWARENESS TO THE FEELING THAT YOU'RE:

YOU'RE OK IN THIS MOMENT'

YOU'RE SAFE IN THIS MOMENT

IF YOUR BREATHING, THEN THERE'S MORE RIGHT THAN WRONG WITH YOU

WHEN YOU'RE PRESENT, YOU HAVE RESOURCES TO CHOOSE HOW YOU RELATE TO YOUR EXPERIENCE

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Excellent, well done. I hope you feel more confident about yourself in this moment.

To recap,

Trauma can leave its mark on confidence, attitudes, relationships, and behavior long after the core wound has healed.

You may have developed the tendency
 To over-monitor everything in your experience,
 Looking out for signs of danger, harm, or anything unpleasant.

By opening up to
 And bringing mindfulness to all of the positive states of being throughout your day,
 Your sense of self-confidence
 Will grow bit by bit.

I hope this has been helpful for you.
 Thank you for your mindfulness practice!

