

# CONVERSATION STARTERS

that invite being here now, in this present moment

## MINDFUL TALK

- What is happening now?
- Where is your awareness most focused now?
- What do you notice now?
- What are you curious about right now?
- Notice the thoughts that are passing by, what are they saying?
- Noticing the sensations in your body right now, what do you feel?
- Where in your body do you feel this emotion?
- Paying attention to your breathing, what do you notice?
- With kindness and curiosity, what choices can you make?
- What can you let go of?
- What story are you telling yourself right now?
- What label or judgment are you putting on the situation right now?
- If the situation did not have a label, how would it be different?
- Where are your choices coming from? From fear? Anger? Worry? Compassion? Love?
- Checking in with yourself, what do you need?
- What is the wise, still + quiet voice that lives within you telling you right now?
- What do you hear right now?
- What do you see right now?
- What do you taste right now?
- What do you feel right now?
- What do you smell right now?
- How does your heart feel right now?

# FEELINGS TALK

- Where is the feeling in your body?
- How can you sense the feeling's presence?
- Paying attention to your body, what is happening right now?
- Noticing the sensations in your body, describe what you feel.
- What temperature is the feeling?
- If the feeling had a color, what color would it be?
- If the feeling had a smell, what smell would it be?
- If the feeling had a texture, what texture would it be?
- What shape is the feeling?
- How big the feeling is right now?
- What is the feeling telling you that you need?
- If the feeling could talk, what would it be telling you?
- What is the fear telling you need right now?
- What other feelings are present?
- How are you relating to the anger?
- How are you relating to the sadness?
- How are you relating to the frustration?
- How are you relating to joy?
- How are you relating to the worry?
- How are you relating to the happiness?
- Where do you feel the hurt?
- Where in your body is the stress?
- Can you sit with that feeling longer?
- If this feeling (the anger, the sadness, the joy, the worry, the happiness, etc.) was your friend, how would you treat it?

# SELF-COMPASSION TALK

- How can you treat yourself with kindness right now?
- If you were talking to yourself like you would someone you love, what would you tell yourself?
- How can you be more of a friend towards yourself?
- How can you give yourself the same care and kindness as you would to a good friend?
- Can you love yourself even when you have made a big mistake?
- How can you treat yourself with gentle kindness when you mess up and think you have blown it?
- How can you embrace what you want to push away in yourself?
- How can you make a space within you to gently hold uncomfortable feelings?
- Trusting yourself, what do you need?
- Listening to your heart, what is it saying?
- Paying attention to your inner voice, what do you hear?
- What are some ways you can treat yourself with care and gentleness during this hard time?
- What comfort can you give yourself through this painful experience?
- What do you need in this moment to help you get through?
- What might happen if you embrace the imperfect, vulnerable parts of yourself?
- What is the most supportive message you can tell yourself right now?
- Reminding yourself that love is more powerful than fear, what changes?
- What do you need to recharge?
- What would change if you started to treat yourself like your own best friend?
- What do you need to feel safe?