

MINDFULNESS CONVERSATION GUIDE

1. CHECKING INTO THE PRESENT MOMENT

- What is happening right now?
- How do you feel in this moment?
- What thoughts are visiting you now?
- Describe the emotions that are with you now.
- Noticing the thoughts that are passing in your mind now, what are they saying?

2. PAYING ATTENTION, LOOKING DEEPER

- Paying attention to your body, where is the feeling (the anger, the sadness, the worry, etc.)?
- If the feeling or emotion was a color, what color would it be? What shape/ size/ smell/ temperature/ texture/ sound would it be?
- Noticing the thoughts in your mind right now, how do those words sound? Angry? Scared? Harsh? Afraid? Unsure?
- Breathing in and out slowly, what do you notice now?

3. MINDFUL SELF TALK: RELEASING JUDGMENT OF THE SITUATION

- Noticing the discomfort (pain, stress, unease, sadness, fear, etc.) in your body, say to yourself: *This hurts. This is pain. Ouch. This is disappointment. Hello fear. Hi there, worry. This is sadness.*
- With gentle kindness, try telling yourself that pain, hurt, and uncertainty does not need to be fixed. Just seen. Just witnessed.
- Breathing in, breathing out, just sit, in stillness, with the feeling.

4. PRACTICING SELF-COMPASSION

- If the feeling could talk, what would it be telling you you need?
- Imagine your good friend finding themselves in a similar situation, how would you care for them? How can you show yourself the same care that you would a good friend?
- If you were talking to yourself like you would to someone you love, what would you tell yourself?

5. CLOSURE PRACTICES / PLAN

- Suggest different mindfulness practices depending their developmental need and comfort level. For example, share the following: *Breathe in for a count of two, hold the breath for a count of one, breathe out for a count of four, hold the breath for a count of one. Continue this as often as you need, paying attention, here and now, to the still place within.*
- Practice treating feelings as if they were visitors, with kindness and curiosity, and see what happens.
- Try relating to yourself like a good friend and notice what happens.

MINDFULNESS CONVERSATION NOTES

NAME _____

DATE _____

1. CHECKING INTO THE PRESENT MOMENT

2. PAYING ATTENTION, LOOKING DEEPER

3. MINDFUL SELF TALK: RELEASING JUDGMENT OF THE SITUATION

4. PRACTICING SELF-COMPASSION

5. CLOSURE PRACTICES / PLAN