

Compassion for Your Emotions

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



Hello and welcome to this guided meditation to help you cultivate greater compassion for your emotional experience. As humans, we all experience a range of emotions – from those that uplift us to those that challenge us.

Sometimes, we judge certain emotions. We might believe that we shouldn't be angry or jealous or sad. Today we will soften our judgments of these more difficult emotions and hold them with care instead.

To get started, find a comfortable seated position. Let your eyes close gently when you are ready or you can let your gaze soften towards the floor.

And now take a moment to connect with the seat or other surface beneath you.

4 seconds

Know that this surface is supporting you now and throughout this practice.

8 seconds

Now scan your body gently from the base of your spine all the way to the very top of your head.

4 seconds

If you encounter any areas of tension that can be gently softened, I invite you to soften them or to offer a loving breath in their direction.

30 seconds

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When you are finished with this gentle scan, call to mind a time when you experienced a difficult emotion. On a scale from 1 to 10 of intensity, this should be an emotion that you would rate at a level 3, 4, or 5.

10 seconds

If at any point this practice feels destabilizing, return your attention to the felt sense of the surface beneath you or any other anchor that supports you.

10 seconds

As you hold this situation and emotion in mind, notice if there are any judgments attached to it. Is there condemnation or self-criticism, either strong or subtle?

4 seconds

Is their righteousness, either strong or subtle?

8 seconds

Notice whatever judgments might be there and see if you can soften them as you exhale.

8 seconds

And, as you inhale, welcome self-compassion into your experience. So instead of judging your emotions to be good or bad, right or wrong, notice the sheer fact of their presence and then invite a caring attitude to bathe them.

10 seconds

You can welcome self-compassion into your emotional experience by resting a tender palm on your heart...

4 seconds

Or by offering yourself words of support and care.

4 seconds

You might repeat:

I witness my emotions without judgment.

4 seconds

I love, honor, and care for myself.

4 seconds

I am here for myself through all of life's experiences.

10 seconds

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Let these words or the loving presence of your palm on your heart help to soften the stories and judgments you hold about this emotion.

10 seconds

Rest in this self-compassion, continuing to soften your thoughts about the emotion at hand as you continue to cultivate care.

30 seconds

I witness my emotions without judgment.

4 seconds

I love, honor, and care for myself.

4 seconds

I am here for myself through all of life's experiences.

30 seconds

Offer yourself a word of gratitude for this practice now. It is not always easy to offer ourselves compassion.

10 seconds

And now take two or three clearing breaths.

15 seconds

Taking your time, whenever you are ready, you can slowly open your eyes to come back to the room.