

For Counselors, Therapists & Coaches:

A 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 Therapy Counseling Session Guide

Minjie Lin



Mindfulness Therapy Counseling Session Guide:

Reviewing **Mindfulness Therapy Counseling Session Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Mindfulness Therapy Counseling Session Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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