

Sitting with It Script

Sit mindfully, with your spine straight and body relaxed.

You are invited to close your eyes.

Take three soft, slow, mindful breaths.

B

B

B

Notice any pain or discomfort you have.

What does it feel like in your body?

Does it feel hot?

Does it feel Itchy? It is Sharp?

Is it Achy? Or Stinging?

Notice if you're squeezing your muscles tightly because of the pain. If so, take more soft, slow, mindful breaths, and relax your muscles.

Think of your pain as a friend who needs to tell you something important.

B

The pain talks by being hot, achy, itchy, sharp, or stinging.

B

Pay attention, just notice it.

Your pain sensations might change. Sometimes they grow stronger or sometimes they might go weaker. Sometimes they fade away.

Stay here with mindful breaths, until you notice the pain changing, even just a little.

B

and

open your eyes.



MOOD Kit