

Acceptance of Present Moment Experience

****Take a few minutes to practice mindfulness and grounding *prior* to beginning by concentrating on getting your breathing and heart in rhythm with each other****

- 1) *Think about an/the experience that you would like to give some attention.*
- 2) *Notice is there any image connected with this experience.*
- 3) *Notice any other sensory details go with it (sounds, smells, taste, touch)*
- 4) *Notice any thoughts or beliefs connected with the experience.*
- 5) *Notice the emotions or mood tone do you relate with this experience.*
- 6) *Notice where you feel it in your body.*
- 7) *Again bring to mind this experience - image, sounds ..smells, emotions, body sensations - and this time imagine giving the whole thing more space --like expanding a larger sphere of space around you to hold the experience- it can be however big you would like the space to be.*
(Pause)
Notice what happens or shifts in your experience.
- 8) *Now take a moment to close your eyes and again focus on this whole experience - image, sounds, smells, other details. Notice your emotions, body sensations, posture, breathing.*
(Pause)
- 9) *And now bring more acceptance to this experience, by adding the cognition: "I'm learning to be okay whatever is happening now."*

Practice this capacity to be okay, whatever is happening now. First, start with moderate level experiences - either pleasant or difficult (0-5 rating on a 0-10 scale) and notice the elements of the experience, then give it more space, and finally add the cognition "I'm learning to be okay whatever is happening now."