centrs marta

MAKING ROOM

CENTRS MARTA



individual | pairs | group
(no limit for participants)

indoors | outdoors
anywhere

coaching & mental well being

5-10 mins

PURPOSE

- To deal with difficult thoughts or feelings.
- To calm down and train awareness and the ability to be present and in contact with ourselves.
- To train acceptance.

MATERIALS

No materials needed.

PREPARATION

If needed, find a safe space where you can focus on yourself without distractions.

INTRO

Often, we get hooked by unkind thoughts or feelings (e.g., "I am weak", "I always mess up everything", "it is my fault", "I should not have done that", "my belly hurts", "there is a pain in my knee"). These thoughts are natural, and it is ok to experience them, but it is not helpful to be hooked by them. Similarly, trying to push away difficult thoughts and feelings and pretend that they are not existing often does not work very well, especially in the long term. A kind and accepting look at them can help us to make room for what is bothering us even if the situation cannot be solved at the moment.

STEPS

1. Listen to yourself and the thoughts and feelings in your mind and body. Is there an unkind thought about yourself or feeling that is bothering you?

2. NOTICE and NAME: silently say to yourself "I notice here is an unkind thought" or "I notice here is a harsh self-judgement", "I am noticing a pain in my chest and belly".

3. Observe these thoughts and feelings with curiosity. Imagine that they are like the weather, and you are like the sky making room for any kind of weather.

4. As you do this, breathe out slowly. Then once your lungs are empty, pause for a count of three. Then breathe in slowly and imagine your breath flows into and around your pain, opening up and making room for it, allowing it to be there.

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REFLECTION

- How did you feel during the exercise?
- Are you often kind and accepting to yourself, especially when in difficult moments? Is it easy or challenging for you? Why?
- How do you usually deal with difficult thoughts and feelings? Do you see yourself practising this technique?

COMMENTS

It often helps to imagine a painful feeling as an object. Imagine it has a size and a shape and a colour and a temperature (e.g., like a heavy cold brown brick on my chest). Imagine breathing into and around this object – making room for it. You can also place your hand gently somewhere on your body and focus on the warmth flowing from your hand into your body. See if you can be kind to yourself through this hand.

And it often helps to imagine a difficult thought as words or pictures on the pages of a book. Notice your difficult thought (e.g., "I am weak") and imagine it as words and pictures on the pages of a book. Imagine it gently resting on your lap and continuing to engage with the world around you. You can also imagine tucking the book under your arm and taking it with you – so the thought is still with you, but you are free to engage with the world around you.