

Meditation with Difficult Emotions

When you are feeling any strong negative emotion (anxiety, anger, depression, loneliness, shame), repeat this script to yourselves a few times VERY SLOWLY. Fill in the name of the emotion in the spaces.

This is _____.

_____ is in me now.

I will sit quietly with my _____ and take a few slow breaths.

I do not need to react to my _____ in the old way.

The feeling of _____ is not permanent. It will change.

The feeling of _____ is a wave but I am the ocean.

_____ is not me. It is only a temporary part of me.

I am so much more than my _____.

I do not judge myself when I feel _____.

I return my attention to my breath. I let go of my _____.

Staying in the present moment will dilute my _____ just as water dilutes orange juice.

May I be happy.

May I be healed and healthy.

May I be filled with calm and ease.

May I be safe.

May I be more accepting of my _____.

May I be at peace.