



L.O.O.K Deeper Technique

Let's begin by recalling an experience that was challenging for you. On a scale of 1-10, see if you can select a memory that would rate a stress level of 3 or 4. Can you describe this scenario in a paragraph?

Step One: L: Listen to the story you're telling yourself.

Imagining you're taking a "balcony seat" and observing the actors on a stage. As you remember this experience, asking with curiosity: Who's in the story? What are they saying or doing? How does the story conclude?

Step Two: O: Observe as you breathe.

Giving yourself permission to take a couple of deep breaths. Once again, bringing to mind the memory of the difficult situation.

- *Scanning head to toe, do you notice any body tension?*
- *What thoughts do you notice as you watch the story unfold?*
- *What's the first emotion you feel? Might there be another emotion underneath that one? (For instance, you might initially feel resentment, and after that fear or hurt.)*
- *What beliefs do you hold about this story?*
- *What would you change about this story, if you could?*
- *What bothers you the most about it?*
- *What was your unmet need in this scenario?*

Remember, there are no wrong answers here – we're just observing with curiosity.

Step Three: O. K. - Offer Kindness.

Directing your breath toward the parts of your body that are holding tension. You may wish to place your hand on your heart. You might remind yourself that feeling this way is part of the human experience. You might say to yourself, "This is hard. I'm here for you."

Another way we might offer kindness is crafting a phrase that responds to the unmet need in the scenario. For instance, if the unmet need is "being seen," you might say to yourself, "I see you."

If this feels too challenging, we can simply practice being present with how we feel without trying to fix it.

Compassionate Letter-Writing Exercise

Imagining that someone you care about approached you with the story that you just witnessed. What would you say to communicate acceptance without judgment, without giving advice? What words of compassion and support might you offer?

After you complete your letter, re-read the letter as if it were addressed to yourself. What does it feel like to speak these words?

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