Mindfulness While Speaking with Others

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

Mindful Speech

Humans are social creatures.

Rarely does a day go by where you don't interact with anyone—

maybe you have a family, live with a roommate, or engage with people during work hours.

When you talk, you can bring mindfulness to what you are saying, how it may impact others, and what your intentions are.

This exercise takes just a few minutes, and you can utilize it anytime.

Do this once or twice a day while on the phone, talking with a loved one, or during any social Interaction.

Before speaking, bring mindfulness to your intentions.

Ask yourself why you are going to say whatever you plan on saying.

Examine the possibility of saying it with even more kindness or patience.

Consider whether your words are timely and useful in this moment.

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We often gossip, interrupt, or talk simply to avoid uncomfortable silences.

Think about whether or not this is the appropriate time to talk and what purpose your words will serve.

If it's possible that your words will put somebody else down, interrupt a person currently speaking, or ring as untrue, try reconsidering your choice of words.

While talking, speak slowly and be mindful of the words you are using.

When somebody responds either verbally or with body language, observe how it feels.

Remember that you cannot control others, but you can bring mindfulness to your own responses.

When you are done talking, leave the words be.

Listen to the other person and wait for the right time to talk again.

As you practice mindful speech more regularly, you will be able to navigate challenging conversations with more ease.