

SELF-COMPASSION EXERCISE

THOUGHTS AS CLOUDS

Use this mindful awareness exercise to practice what it's like to observe your thoughts without judging them or immediately assuming they're true.

1

Find a quiet comfortable spot. If you're new to meditation, set a timer for 1-5 minutes.

3

Picture a bright sky full of fluffy, white clouds. Take a few moments to breathe into that image.

5

When difficult thoughts or feelings come up, simply name and observe them. For example, "Here's a feeling of discomfort" or "this activity is silly". Try not to label thoughts as good or bad, instead think of them as helpful or unhelpful.

7

If your mind wanders take note of it, without judgment, and then come back to the blue sky, starting again with the clouds.

2

Close your eyes if you're comfortable and ground yourself with a few slow, deep breaths.

4

When you're ready, take each thought that comes up and place it on a cloud. Do this with every thought, no matter how wonderful or difficult they might be.

6

Continue observing your thoughts and allow them to float by in their own time. There's no need to force thoughts to move at a certain speed or to go away. Simply observe them as they happen in the present moment.