

5.6 Mindful Acceptance of Discomfort

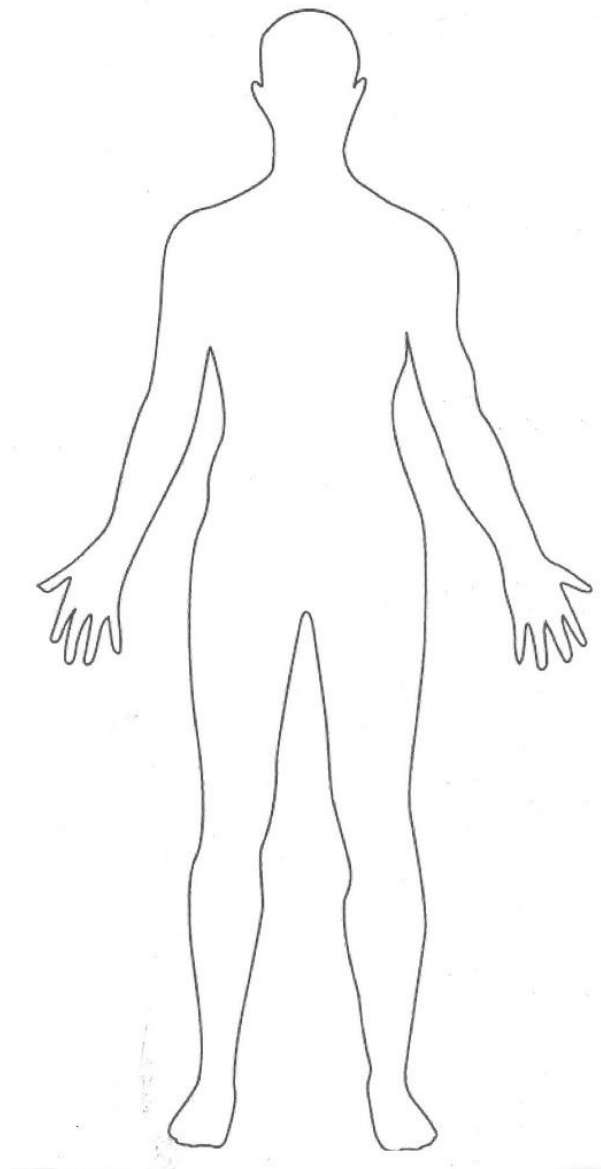
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Name: _____ Date: _____

Do a Body Scan meditation, focusing on identifying any areas of discomfort in your body. Complete the Body Scan, paying special attention to where you may be experiencing any pain or discomfort in your own body. After completing the meditation, answer the questions below. Be as specific as possible in your answers.

Where did you feel the discomfort? Circle any areas of discomfort on the illustration below and write the descriptions on the lines provided on the next page. Be as specific as possible. For example, don't say, *"In my back."*

Instead say, *"In my lower back, about an inch from the tip of my spine."*



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Specifically, where did you feel the discomfort? If more than one location on your body, list all locations in the space provided:

Describe the discomfort. Was it sharp, or dull? Hot or cold? Constant or throbbing? Be as specific as possible.

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Were there any areas of your body that felt particularly relaxed during the meditation? How were these areas different?

What did you learn about your body during this meditation that would help you to trust your own inner wisdom? Be specific.

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Now do the mindful body scan again, keeping in mind the answers to the questions on the previous pages of this worksheet. Cultivate an attitude of open acceptance to what your body is telling you during the meditation. Don't fight the discomfort; instead, *go inside* of it by greeting it with open acceptance. Observe it and describe it to yourself in the moment.

As you do the Body Scan meditation again, is your experience different this time? If so, describe the differences you noted in the space provided below:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.