

Moving into Discomfort: A Guided Meditation to Prepare for Difficult Conversations

If you haven't already, find a comfortable place to be with yourself. If possible, find a place you feel safe. Get into any position you feel is relaxing...

Sitting in your chair...

Reclined back in your car...

Laying on your bed or couch...

Whatever works for you...

Settle into yourself and take a deep breath (TAKE A DEEP BREATH AND PAUSE)

Hard conversations can bring up a lot of emotions all at once. Oftentimes they ball up into fear or anger and all of a sudden, we are no longer in the moment we want to have with people to talk through things... to hear each other out and find a path forward that's mutually beneficial. This can be true for conversations with one person or a group of people. Both situations are complex. It's more than a conversation. It can mean different things for different people...

Will I say the wrong thing?

Will I get hurt again?

What happens after this?

Will I be heard?

What's the point?

Questions can run through our minds at rapid speed. Those questions are valid. Honor them now without needing all the answers...

Feelings can course through our bodies... our chest... head... bellies... hands... feet... back... any part of us can be activated telling us to move in the other direction. What our bodies tell us is valid. Honor your sensations now...

Just as we have the ability to tune into these alerts of our minds and bodies, we have the ability to hold them as true and release what doesn't serve us. We have the ability to make room for narratives the feed us mentally, spiritually, emotionally, and physically... to get us into and through these challenges.

If you are safe to do so, close your eyes now. Tune into your breathe, slowly lengthening your inhale with me now, holding at your belly's full extension for 5-4-3-2-1. Then allow your breathe to slowly release.

Continue with another slow inhale and hold for 5-4-3-2-1, then release.

As you breathe in, acknowledge what isn't helping you... any doubt, fear, tightness... anything that isn't serving you well and allow yourself to hold it at the top of your inhale along with the words: It's valid but not helpful right now... Then release from your mind and body as your exhale...

Do that once again for yourself.. Breathe in (BREATHE)... acknowledge what isn't helping you... any doubt, fear, tightness... anything that isn't serving you well and allow yourself to hold it at the top of your inhale along with the words: It's valid but not helpful right now... Then release from your mind and body as your exhale...

You have everything you need to engage in this conversation. You have the ability to show up as your authentic self, say what's on your heart, and be open to other perspectives... even if you don't like what you're hearing. If you need to, you have the ability to take a break to regulate your body or process something that needs your full focus...

Take a second and think about something you need to hear about yourself that you want to stick with you all day...

What is it?

Is it a declaration of love?

A word of encouragement?

An affirmation?

Once you find what's right for you, say it to yourself now...

Then... say it again...

Where do you feel that statement in your body? Find where it resides and focus your attention to that part of your body... Gently hold it with love...

Repeat your expression one more time...

Your decision to meditate before going into a challenging situation is a beautiful act of self love. Getting an outcome that you're hoping for is a bonus. The real win here is making a sincere effort to show up wholeheartedly and talk about something hard or scary. Your preparation will help guide you into a dialogue that you ARE prepared for...



Guided Meditation Transcript

Seek understanding...

Acknowledge your genuine thoughts and feelings...

Be curious about an outcome that is mutual...

No matter what happens, you are a bad ass.. Remember that