



A Caring Exercise

Pick a feeling or experience that you have a hard time accepting, that's leading to unhelpful resistance. Start small. Then envision one of the following for at least one minute.

- Hold your experience as you would hold a delicate flower in your hand.
- Embrace your experience as you would embrace a crying child.
- Sit with your experience the way you would sit with a person who has a serious illness.
- Look at your experience the way you would look at an incredible painting.
- Walk around the room with your experience the way you would walk while carrying a sobbing infant.
- Honor your experience the way you would honor a friend by listening carefully even if it was hard.
- Inhale your experience the way you would take a deep breath.
- Abandon the fight with your experience the way a soldier might put down his weapons to walk home.
- Take in and carry your experience as you would drink a glass of pure cold water.
- Carry your experience the way you carry a picture in your wallet.

These metaphoric ways of treating your feelings, memories and current experiences are often very powerful in building acceptance. That's true even if as you consider them your mind says, "*I don't know how to do that.*" Give them a try over time with different memories, experiences, emotions, urges, or thoughts.