

Mindfulness Activities

Observe

1. Observe gap between breaths
2. Guided meditation/ relaxation
3. Observe one's breathing
4. Observe thoughts/feelings/breathing when thinking: "Everything is as it should be," or "wherever you go, there you are," or "every person is whole right now," or "Everything is as it is."
5. Observe thoughts and emotions when listening to poems or music
6. Observe and describe jelly hourglass
7. Observe chi ball
8. Observe what one sees when one's eyes are closed
9. Observe sensation of hand on table
10. Observe/describe objects in room
11. Observe/describe inside of kaleidoscope
12. Observe taste/sensation while eating chocolate

Participate

1. Laugh Club--group continuous laughter (forced and spontaneous) for 2+ minutes
2. Hand tapping in group
3. Blow bubbles with bubblegum
4. Shake entire body
5. Sing in rounds ("Row, Row, Row Your Boat")
6. Word find

- 1) Listening to conversations in a foreign language and discussing what might be going on.
- 2) Listening to songs in a foreign language and discussing what they might be about.
- 3) Listening to songs in English and discussing their meaning.
- 4) Reading poetry containing obscure humor.
- 5) Reading poetry with multiple layers of meaning.
- 6) Brain teasers (scrambled words, acronyms, analogies, etc).

We emphasize in my classroom that effectively using DBT skills starts with having a sense of what Wise Mind feels like, and depend on our

ability to observe, describe, and participate. Meditative activities, "Melts," and breathing exercises have been complete failures for us. I'm not sure if its the school setting, the day student/residential student mix, or simply the personality mix that brought failure to these attempts. I'm pretty satisfied that we're doing what we need to be doing, giving clients practice and experience using the foundational skills.

Hohmann

2. QUICK MINDFULNESS EXERCISES FOR KIDS AND ADULTS

Positive thoughts
Breathing Exercises
Visual Imagery
Playing Cards
Hold ice, rubber band, Tear Paper
Exercise
Cut out Pictures
Bubbles
Playdough
Music
Art
Videogames

Where's Waldo
I Spy Books
Magic Eye Books
Body Scanning
Baths
Walk
Pets
Hobby
Stress Ball

3. Leading Yoga Poses and Breathing

4. "Pop Rocks", Hard Candy Dissolve, Chocolate Dissolve, etc.

5. Balance an Egg on its end on the table

6. "Telephone":

7. Writing your name backwards in cursive

8. Sitting beside Running Water/Nature

9. Watching animal behavior

10. Staring at _____ and seeing if you find something new there.

11. Manipulatives: Magnetics, Pick up sticks, Jacks, Legos, Hexabits, etc.

Let the Waves wash out to sea any judgemental, critical, negative thoughts

- **Mindfulness of Mind**

Awareness of the many aspects of mind. The backdrop, tone, context, filter environment of your current consciousness thought patterns (including thoughts, memories, desires)

- **Mood**: depressed, anxious, fearful, angry, irritable
- **Level of Attention**: distracted, restless, sleepy, zoned out, obsessed, scattered, vigilant, guarded, sluggish
- **Environment**: work, sporting event, alone, social, in car, watching TV
- **Hunger**: full, hungry, starving, overfull

- **Mindfulness of Body**

Awareness of Bodily Processes/Signals experiencing: where sensation of hunger is in body, food's feeling in throat, sensation of swallowing, urges

- how each of your senses reacts to food
- how body reacts to digesting food (including stomach's and mind's response), and when digesting is complete
- how breath, movement, sensations and postures are impacted by food
- (e.g., hunger = stomach grumbling, decreased concentration, irritable)
- (e.g., overeating = body feels sluggish, bloated, uncomfortable, heavy)
- (balanced eating = body feels content, energized)

- **Mindfulness of Thoughts**

Awareness of immediate thoughts, words, images, memories.

- Catastrophic, negative thoughts, judgments, beliefs, fantasies.

- Irrational, rational/realistic, criticisms, doubts, self-statements, automatic thoughts, inner dialogues
- Evaluative, critical, unforgiving, harsh, judgmental thoughts about your body, eating, food, etc.
- Thoughts affecting appetite
- “I’m too fat”, “Eat that”, “Don’t eat that”, “I’m good for not eating.”

- **Mindfulness of Feelings**

Awareness of immediate feelings/emotions

- Feelings, emotions, sensations
- Physical/bodily response to feelings
- Feeling emotions in your body
- Feelings about food, your body, eating (e.g., awareness of “comfort foods”, awareness of pleasure, satiation, comfort, boredom, stress, pain, loneliness, guilt, sadness, shame, overwhelming out of control feelings and eating, hunger and appetite.
- (e.g., feeling sadness as a “hole” in the belly, or as if hearts being squeezed)
- (e.g., feeling anger as an electric current coursing through your body, or as heat radiating from your chest)

Top 10 Mindfulness Activities

1. Picking Stone/Metal piece with words/describe.
2. Focus on color- Observe/Describe
3. Food/Chocolate
4. Play Dough- 3 colors made shapes to represent mindfulness/describe.
5. Progressive Muscle Relaxation
6. Nature Music
7. Imagery- favorite place
8. Draw Backs to each other, explain to other person to draw
9. Floating tongue
10. Coloring with left hand

1. Music
2. Lists (see attached for examples)
3. Sudoku (see attached for examples)
4. Ball Breathing
**This exercise consists of having each person hold a pliable ball in his/her right hand. Inhale as you squeeze the ball and exhale as you relax your hold on the ball. This exercise works great with our clients.*
5. Straw Breathing
**This exercise is similar to the one described above. Give each person a straw and instruct him/her to place the straw in his/her mouth. Have each person inhale through his/her nose and exhale through the straw.*
6. Tanagrams (see attached for examples)
7. Origami
8. Taste (sugar free candy)
9. Smell & Touch (lotion)
10. Where's Waldo?

Possible Ways to Practice Mindfulness with Lists

1. List all the songs that have the word LOVE in the title.
2. List as many foods as you can that start with the letter “C.”
3. List as many horror movies as you can.
4. Write the words to your favorite song.

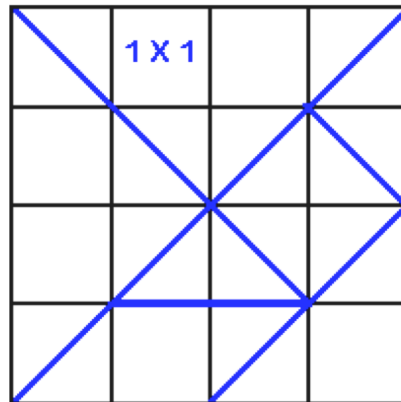
TANAGRAMS

The classic rules are as follows: You must use all seven tans, they must lay flat, they must touch and none may overlap. Feel free to break away from the "rules", though.

You can use any material you want to make your tangram set. Use the pattern below to cut out your seven pieces. Be sure to cut or form it into shape. Some ideas to try are wood, paper, cardstock, or plastic.

Whatever you choose to use, you will need a four inch (aprox. twelve cm.) square of it, usually about one eighth of an inch (two mm.) thick for a puzzle this size. You can scale this up or down, the four squares by four squares part is the important thing here. Follow the directions below to make your own set.

Draw a one inch (three cm.) grid on the material to make a puzzle the size shown below. You then mark off the blue lines as shown below. Cut your material carefully along these blue lines. This will produce the seven tan pieces; five triangles, one square and one rhomboid. Take note that slicing rather than sawing will produce the best result. The wider the cuts, the more the pieces lose along one or more sides, making the piece not quite true. A knife or *thin* saw blade would work just fine.



Spring Awareness and Non-dominant Hand Writing Exercise

Give everyone a blank piece of paper and pen.

Have group members think of things they like about the current change of seasons.

Inform them that they are to make this list on paper in front of them for 2 minutes.

However, they are to write this list using their non-dominant hand writing slowly while paying attention to the quality of the writing.

Mindfulness: Buddhist Meditation Exercise **(or Universal Loving-Kindness)**

Begin by sitting comfortably and closing your eyes:

You start out by banishing thoughts of self-hatred and self- condemnation. You allow good feelings and good wishes first to flow to yourself, which is relatively easy. Then you do the same for those people closest to you. Gradually, you work outward from your own circle of intimates until you can direct a flow of those same emotions to your enemies and to all living beings everywhere. Correctly done, this can be a powerful and transformative exercise in itself.

At the beginning of each meditation session, say the following sentences to yourself. Really feel the intention:

1. May I be well, happy and peaceful. May no harm come to me. May no difficulties come to me. May no problems come to me. May I always meet with success.
May I also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.
2. May my parents be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success.
May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.
3. May my teachers be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success.
May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.
4. May my relatives be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success.
May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.
5. May my friends be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success.
May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.
6. May all indifferent persons be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success.
May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.
7. May my enemies be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always

meet with success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

8. May all living beings be well, happy and peaceful. May no harm come to them. May no difficulties come to them. May no problems come to them. May they always meet with success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

Once you have completed these recitations, lay aside all your troubles and conflicts for the period of practice. Just drop the whole bundle. If they come back into your meditation later, just treat them as what they are, distractions.

The practice of Universal Loving-Kindness is also recommended for bedtime and just after arising. It is said to help you sleep well and to prevent nightmares. It also makes it easier to get up in the morning. And it makes you more friendly and open toward everybody, friend or foe, human or otherwise.

Positive Word Reflection/Breath Exercise

DBT Mindfulness: Breathing with positive word reflections

Supplies: positive words, mindfulness bowl, clock

First, give everyone a moment to get into mindfulness position.

Second, hand out a bag of words instructing each person to take one from the bag.

Third, describe the mindfulness exercise.

A technique of mindfulness is focusing on the breath. Watching the breath is a good way of training the mind to be in the moment. By coming back to the breath over and over again, you can begin just to observe it, without bringing opinions, anticipation, and judgment.

The first step is to first pay attention to one breath and try to become more mindful. The exercise will begin with one minute of concentrating on breathing breath in for 3 counts and out 5 counts. The start of the exercise will begin with one ring of the bell.

Another ring of the bell will indicate the next step which is to breathe plus repeat a positive word. Step two is one minute of concentrating on saying the word breath in for 3 counts and out 5 counts while saying the word.

A third ring of the bell will indicate the next step which is to breathe plus repeat a positive word and associate that positiveness with people, things, and activities that you have in your life. Step three one minute of concentrating on saying the word breath in 3 counts and out 5 counts while saying the word and associating that positive word with people, things, and activities that you have in your life.

For example your word is “peace” and you may associate peace with world peace, peace in one’s heart, peace and quiet environment, etc. You can use any variation of the word; peacefulness, peace.

The exercise will end with three rings of the bowl. The exercise will last three minutes.

Peace: a state without war

Synonyms: peacefulness

Related Words: accord, amity, concord, harmony; calm, quiet, serenity, tranquility (or tranquility); order, stability; pacification

Love: a feeling of strong or constant regard for and dedication to someone

Synonyms: affection, attachment, devotedness, devotion, fondness, passion

Related Words: appetite, favor, like, liking, partiality, preference, taste; craving, crush, desire, infatuation, longing, lust, yearning; ardor, eagerness, enthusiasm, fervor, zeal; esteem, regard, respect; adoration, idolatry, worship; allegiance, fealty, fidelity, loyalty

Happiness: a feeling or state of well-being and contentment

Synonyms: blessedness, bliss, blissfulness, felicity, gladness, joy

Related Words: elatedness, elation, exhilaration, exultation, intoxication; ecstasy, euphoria, heaven, rapture, rapturousness; delectation, delight, enjoyment, pleasure; cheer, cheerfulness, exuberance, gaiety (also gayety), gladness, glee, gleefulness, jollity, joyfulness, joyousness, jubilation, lightheartedness; content, contentedness, gratification, satisfaction

Hope/hope for: to believe in the future occurrence of (something)

expect: to believe in the future occurrence of (something)

Synonyms: anticipate, await, hope (for), watch (for)

Related Words: bank on, count (on or upon), depend (on or upon), rely (on or upon); envisage, foresee; foretell, predict, prophesy; assume, presume, presuppose; contemplate, eye, view

Give:

1. to make a present of

Synonyms: bestow, contribute, donate, present

Related Words: chip in, kick in, pitch in; award, confer, dole (out), endow; afford, furnish, provide; lavish, regale; aid, assist, benefit, help; administer, dispense, impart, issue, render; extend, offer, pay, proffer, tender; sacrifice

2. to put (something) into the possession or safekeeping of another

Synonyms: commend, commit, consign, delegate, deliver, entrust, hand over, leave, pass, transfer, transmit, trust, turn over, vest

Related Words: confer, grant; assign, deal (out), dispense, disperse, distribute, divide; release, relinquish, submit, surrender, turn in, yield; bequeath, hand down, will; advance, lend, loan; furnish, supply

Kind:

1. given to or made with heedful anticipation of the needs and happiness of others
(THOUGHTFUL) given to or made with heedful anticipation of the needs and happiness of others

Synonyms: attentive, considerate, kind, solicitous

Related Words: brotherly, good, good-hearted, helpful, hospitable, kindhearted, kindly, neighborly, nice; caring, compassionate, sympathetic, tender; chivalrous, courteous, courtly, gallant, gracious, polite; diplomatic, tactful; deferential, dutiful, obliging, regardful, respectful; altruistic, beneficent, benevolent, benignant, humane, selfless, unselfish; charitable, generous, magnanimous

2. decided on as a result of careful thought --see DELIBERATE 1

3. given to or marked by long, quiet thinking -- see CONTEMPLATIVE

Beauty:

1. the qualities in a person or thing that as a whole give pleasure to the senses

Synonyms: attractiveness, beauteousness, comeliness, cuteness, fairness, gorgeousness, handsomeness, looks, loveliness, prettiness

Related Words: allure, appeal, attraction, glamour (also glamor); charm, elegance, exquisiteness, flawlessness, gloriousness, perfection, radiance, resplendence; desirability, desirableness

2. a lovely woman

Synonyms: eye-ful, goddess, knockout, stunner

Related Words: belle, charmer, honey

3. something very good of its kind

Kind:

1. having or marked by sympathy and consideration for others (HUMANE) having or marked by sympathy and consideration for others (humane guards who treated the prisoners decently) (the Geneva conventions spelled out standards for humane treatment of prisoners of war)

Synonyms: beneficent, benevolent, benignant, compassionate, good-hearted, kind, kindhearted, kindly, softhearted, sympathetic, tender, tenderhearted, warmhearted

Related Words: attentive, considerate, thoughtful; affable, benign, cordial, friendly, gentle, good, good-natured, good-tempered, gracious, mild, nice, pleasant; clement, forbearing, forgiving, lenient, merciful, soft; patient, pitying, tolerant, understanding; altruistic, brotherly, charitable, generous, greathearted, humanitarian, magnanimous, noble, openhearted, philanthropic, unselfish, unsparing

2. having or showing the capacity for sharing the feelings of another -- see SYMPATHETIC

Joy:

1. a feeling or state of well-being and contentment -- see HAPPINESS 1

2. a source of great satisfaction (my car is my pride and joy) -- see DELIGHT
delight

Synonyms: delectation, gas [slang], joy, kick, manna, pleasure, treat

Related Words: amusement, diversion, entertainment, fun, recreation; comfort, relief, solace; gratification, indulgence; ambrosia

2. someone or something that provides amusement or enjoyment -- see FUN 1

3. the feeling experienced when one's wishes are met -- see PLEASURE 1

Pleasure:

1. the feeling experienced when one's wishes are met

Synonyms: content, contentedness, contentment, delectation, delight, enjoyment, gladness, gratification, happiness, relish, satisfaction

Related Words: bliss, felicity, glee, gleefulness, joy; amusement, diversion, entertainment; elatedness, elation, exhilaration, exultation, intoxication; ecstasy, euphoria, heaven, rapture; cheer, cheerfulness, exuberance, gaiety (also gayety), jollity, joyfulness, jubilation; comfort, ease, restfulness

2. a source of great satisfaction -- see DELIGHT 1

3. someone or something that provides amusement or enjoyment -- see FUN 1

Leaf Exercise

Cut leaves off of a plant that are all different. Select a variety so that people have something to think about.

Pass the group of leaves around and ask each person to take one that stands out to them.

Ask them to spend 3 minutes looking at the leaf and think about how leaves work.

E.g. how photosynthesis provides it nutrients and the veins disperse those nutrients around the leaf or how it responds to external factors and whatever else they want to notice as they examine it.

Afterwards people share their experience.

Awareness exercise

Close your eyes and pay attention to your breathing, following the breath in and out.

After a short time, move your attention to your body, one part at a time, noticing any sensations of cold, hot, tight or anything you can identify. After some time of attention on the body, start listening to the sounds of the room, without judging, criticizing or even thinking about them. Just listen. Slowly open your eyes and look around as if seeing the room for the first time. Stop and rest your eyes on an object for half a minute. Examine it without saying things about it in your mind. Bring attention back to the room with ringing of the bell.

(This would be guided by mindfulness leader.)

Photo Mindfulness

Group leader distributes a photograph to each member in the group. Photographs may be of scenery, events, places, etc...

Ask members to take a couple of minutes to immerse themselves into the photograph, paying attention to each of the senses. Sights, sounds, smells, tastes, etc...Ask members to just notice their thoughts and try to stay one mindfully in the moment.

Popcorn Mindfulness

Distribute a small portion of popcorn to each member. Ask members to focus their attention on the pile in front of them. Encourage members to look and/or touch each piece, see if they are able to find shapes, symbols, objects, etc. Pay attention to incoming thoughts, however simply observe and not attach to any one thought.

List Exercise

Ask group members to make a list of things that are green, things that fly, things that are sweet, etc...several examples may be used. Encourage group members to be creative and acknowledge every thought that comes to mind without judging.

Puzzle Exercise

Distribute small, mini puzzles to group members. Ask group members to be one mindfully in the moment with the puzzle. Encourage members to be aware of incoming thoughts or distracting thoughts, however work on letting go of the thought and refocusing on the puzzle.

The Sounds in the Room

Have the members of the group close their eyes and focus on the sounds they hear in the room they are in. Mention some sounds you hear that most people would not pay attention to when not being mindful (cars driving by outside a window, computers whirring, etc.). This exercise grounds people in the space they are in and reminds them to pay attention to all cues in a situation rather than the ones they usually pay attention to.

Spider Mindfulness

(Ring the bell to begin, hand out spider web pictures and read the following.)

There are at least 2000 species of spiders in this country, but only a few families that build elaborate webs. In each family, the females construct the web. There are four general types of webs: orb webs, funnel webs, sheet webs, and the irregular webs built by house spiders. All of them are built for one purpose: to trap insects for food...for their survival and sustenance.

One of the truly marvelous webs, with incredible geometric precision, is that of the big black and yellow garden spider, an orb weaver. When pressed, she can build this web in one hour. (insert spider story if you have one that fits...spiders don't ever bite, unless they feel threatened).

Although the garden spider has eight eyes, she builds the web almost entirely by touch with her ultra-sensitive feet. Underneath her abdomen are six spinnerets that can be extended or compressed and used like the fingers of the human hand. Each spinneret has faucets and spools connected to tiny tubes which in turn are connected to several types of

glands in the abdomen. Each gland manufactures a different type of silk in liquid form that passes through these faucets and spools much like passing through a sieve. When they hit the air, they solidify and become stronger than steel (per size that is).

Each type of silk serves a separate, yet distinct function. Spiders use the sticky kind to spin webs that catch their meal. They use the non-sticky, stronger variety to tether down the spokes of the wheel, and yet a different kind of silk for their cocoons. Most strands are composed of more than one filament.

Spiders avoid getting tangled in their own webs by building in safety threads from the non-sticky variety of silk so they can traverse their web without being snared. This means they need to know their home turf and that they need to be mindful of what they are doing.

DBT skills are like the threads of silk that come from the abdomen of the spider. They also come from within and serve the purpose of the attaining the goal of sustenance and having a life worth living. Each skill, like the strand of silk, serves a different purpose and several are often entwined with each other for strength of purpose.

Most of the time, we also have a skill that serves as our “safety thread;” one that helps us to navigate back to our center, like the spider navigates its home turf. This is often the skill that first comes to mind and centers us so we can access all of the skills. For some people this skill might be the breath, for others it might be radical acceptance, or prayer, or observe and describe.

Like the spider, though, if we only built safety threads, we would not attain our goal of sustenance. It is important to have many kinds of threads in our web of skills.

I would like you to take the next couple of minutes to think about all of the skills that you use to help you in your quest for sustenance and having a life worth living. Then think about which one of those skills often acts as your safety thread at this particular point in time...the skill that takes you to your center so you can access all of the other skills in your repertoire. I will ring the bell at the end of the exercise.

(Discuss)

Breakthrough

Within the view of the eyes of the creator.
A hand reaches out and draws a line in the sand.
Forming the boundaries of a new awakening.
This hapless drawn line defines the present, separating our pasts from our futures.

It demands us to move forward, to continue along our self-directed paths.
This planet bespeaks a lie in regard to time.

Past...Present...Future

This false reality captures our attention.
We are entrapped by these questions.

When? Where? How?

Pushed forever forward, wondering what comes next?
Continually, we forget the Now.
So, just for today...
Forget your goals.
Forget your desires.
Forget your questioning mind.
Get in touch with your very being.
Feel your physical body.

Breathe in.....breathe out

Breathe in.....breathe out

Breathe in.....breathe out

Focus on your feet.
Imagine your feet growing roots into the Earth.
Deep...
deep...deeper roots.

Notice your ankles.
Feel the blood pumping through the veins in your legs.
Feel your buttocks planted firmly in the chair.

Relax.
Relax your breathing.
Listen to the constant pulse of your heartbeat.

Releasing any tension in your back.
Allow your torso to slump slightly.
Place yourself into a relaxed position.
Perhaps moving your shoulders slightly forward.

Allow your head to wobble gently from side to side.
Tip your head first to the right, then tip it to the left.
Drop your chin to your chest.
Allow your head to slowly bob up and down.
Lift your head now.

Focus on your eyelids.
Keeping your eyes shut, notice the movements of your eyeballs.
Are they still? Are they moving fast or fluttering slightly?
Don't force them to be any certain way.
Just let them be as they are.

Imagine yourself being encased inside an egg shell.
You are the embryo of a baby eagle.
You are the combination of matter and energy.
Blood, flesh, membranes, bones, sensations, instincts.
Within the confines of this secure place, immersed in the warmth of living fluids, you find safety and comfort.
Surrounded by the protective walls of this hardened shell.
You feel isolated, separate, alone.
Gradually, you allow yourself to move within these confining walls.
Stretching, growing, expanding.
There is a gentle cracking, the pool of fluids that has been your home, are oozing to the outside of your shell.
Your limbs feel the cool sea air seeping through the cracks, exposing you to unknown elements.
Expanding your wings, you crack the egg open slightly more.
Your wetted feathers begin to dry to a dampened fluff.

Stepping outside the broken pieces that had once guarded you from harm.

It is time for you to co-create your life.

Your eyes flutter open to envision this Earth.

This planet is your newly chosen home.

Depart from the eagle's nest that sits high on the cliff.

Take flight to the clouds.

View the vibrant Red of the Earth clay in its mountains below.

Don't shield your eyes from the brilliant Orange Sun and it's gleaming Yellow rays.

Breathe in the abundance of this Earth's Green fields and magnificent forests.

Emergence yourself within the depths of the bright Blue morning sky and embrace its Indigo starry nights.

Allow yourself to be open to the Violet-Red rays that penetrate the planet's orb from beyond.

Focus on the White light above the crown of your head, projecting your very being in its direction.

Now.....tell this light your inner-most desires.

Mindfulness Exercise

Finding Compassion in the Dark

Imagine that it's night. You are in a field with hundreds of unseen people. On one edge of the field is a cliff – it would be an extraordinary and terrifying fall. The cliff is really everybody's worst fear – death, shame, failure, aloneness, loss, helplessness. No one can see it. No one knows where it is.

Now imagine that you and all of the other people in the field will live out your lives there. You must find food, love and companionship in the darkness. You must keep moving yet somehow avoid the cliff. You're always afraid, always a little uncertain, because the darkness never lifts. And you must find all that you need to live without falling into the abyss.

This is our human condition. People cope in different ways. Some race headlong; some hesitate to make the smallest step. Some cling; some push others away for fear of being dragged past the edge. Some give up; others try to understand, forever trying to pierce the darkness. Some demand help; others comfort themselves by trying to help others.

Close your eyes and be in the field. Feel how we all struggle there. Feel how we try to move, to take care of ourselves, while always sensing the presence of the cliff. Everyone walks that dark field; everyone is scared; everyone is doing the best they can.

Now think of someone that you care for (such as your partner, your child, your best friend). Keep observing your thoughts while imagining that person walking around in the dark field. They are hoping not to fall, just like you. Be aware of their fear and their struggle. As you do so, the wish may arise in you to help them, to be by their side, and perhaps to comfort them. This is all fine. Keep holding the image while watching each thought and feeling come and go.

Now think of someone who makes you angry; watch the judgmental thoughts that start to form. Keep observing your thoughts and feelings while imagining that person navigating the dark field. They are hoping not to fall, just like you and the person you care for. Be aware of their fear and their struggle. Is it different from yours? Keep holding the image of their fear and struggle while watching each arriving thought and feeling. This may be more difficult to do because you don't like that person very much and you may keep getting caught up in judgmental thoughts. Still keep holding the image of their fear and struggle while watching each arriving thought and feeling.

From Eifert, McKay and Forsyth. *Act on Life not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger*. Oakland: New Harbinger Publications, 2006, pp 84-5.