

# Smart Recovery A2

## Tuesday Meeting

### **Daily Mindfulness Reminders - Thoughts, Emotions, Body and Community**

Throughout these reminders, it may help me to close my eyes or hold a soft steady gaze on something in the distance. As I feel my feet on the floor, and my back against the chair, I try to become aware of my breath. I will breathe more deeply for a moment.

First, I remind myself that my thoughts are only thoughts. They are not facts and they do not define me. In fact, I can engage with my thoughts in a spirit of curiosity if I choose to, and I can even challenge those that aren't serving me.

Second, I remind myself that my emotions are not permanent. I picture a wave crashing onto the shore and receding back out into the ocean to remind myself that that's what my emotions are like. Sometimes the shore is submerged by the emotional waves, but they always recede, and the shore resurfaces. That's true regardless of whether I label a particular emotion as good or bad. Remembering that lets me allow the negative ones to run their course and keeps me from holding on too tightly to the positive ones.

Next, I check in with my body to see what it might be telling me. I might be hungry or tired; experiencing pain in my back or elsewhere; or holding tension somewhere in my body - occasionally my jaw, often my neck. It might be elsewhere for you. Or I might be at ease. I try to approach these sensations with curiosity, breathing into them and accounting for how they may be affecting me until I am able to do something more directly to address them.

Finally, I bring awareness to Community. We are here. Now. Let's give ourselves credit for being here tonight. In showing up, we are creating something with our presence. And in acknowledging this presence I like to expand that to awareness of our common humanity and my place in this city, state, Life and the Universe.

As I finish these reminders, I bring my attention back to the present with my breath, which is always there, whether I'm aware of it or not.