



**This is the Thought Retrieval Meditation Script
for Identifying Negative & Fear-Based Thoughts.**

Mindfulness Meditation is about being in the present moment with total awareness and non-judgment. Simply be aware, and “mindful” of whatever happens, and try not to stop yourself from thinking. This meditation will help us identify the most prominent negative or fear-based thoughts in your life today, so that we may transform them together.

During your meditation, be aware of what your thoughts are, and anything your senses might be experiencing. Try not to analyze or judge your thoughts or feelings, but just allow them to “be.”

Sit on a chair with your legs uncrossed and feet on the ground, or a meditation cushion either cross-legged or extended straight out. It’s important that wherever you sit it’s comfortable for you, and if you need support for your back sit somewhere that can do that.

Place your hands on your lap. You can put them either palm-down on your thighs, cup your left hand over your right, or palms up with your thumb and first finger touching.

Close your eyes, and try to relax the muscles around them.

Take a deep breath in, and let it go.
Another deep breath in, and let it go.

Continue to put your focus on your breath, and simply notice it flowing in, and flowing out. Don’t force or manipulate your breathing, just allow yourself to breathe as naturally as you can.

As you breathe in, silently say the word “In,” and as you exhale, say the word “Out.”
You can also say “Rising” and “Falling away” or “Letting go.”

(Allow the client to become relaxed, taking 3-5 deep breaths. Do not rush.)

If you find that your mind is becoming active, gently bring your focus back to your breath.
Repeat this throughout your meditation.

Ask yourself silently, “what thought is preventing me from living my life to the fullest now?”
Notice what thoughts come to mind.

(If the client says a thought out loud, write it down for them.)

Continued on Page 2



Continued from Page 1

Take a deep breath in, and let it go.
Another deep breath in, and let it go.

Ask yourself silently, “what thought is distorting my view of reality?”

Take a deep breath in, and let it go.
Another deep breath in, and let it go.

Say silently to yourself, “I am open to seeing this differently.”

Take a deep breath in, and let it go.
Another deep breath in, and let it go.

Bring your awareness back to ending your meditation.

Rub your palms together and place them over your eyes and face, or your heart, feeling the warmth coming from your hands. Put your hands down and open your eyes.

Take some time now to talk with the client about their experience and the thoughts that came to their mind.

If there is time in this session, use The Says Who? Method worksheets or The Says Who? Method Meditation Script to help them begin to transform their negative or fear-based thought.

