

Tuning in

This is a good script for clients who find themselves overthinking, or paying a lot of attention to negative thoughts. It introduces mindfulness in an accessible way, by suggesting that we can allow things to be there but can tune in or out of different sounds or sensations.

Imagine now that you are in a room, with soft, muted colours, where you feel safe and relaxed...take some time to look around this room, noticing the way it has been decorated...there is a feeling of lightness and airiness in this room...breathe in, enjoying this feeling of lightness...the room is furnished very comfortably, with soft pillows and throws...reach out and stroke one of these throws, feeling it's softness under your finger tips...in one corner of the room is a deep, comfortable chair...take a seat...make yourself comfortable...feel yourself embraced by this deep, comfortable chair.

Think of a time, perhaps recently, when you have felt yourself engaging in anxious or negative thought...and nod your head to let me know that you have thought of such an occasion.
Good.

In the opposite corner of the room, across from where you are sitting, is a radio...as you listen you can hear a murmur, which gradually becomes clearer...you recognise your own voice...this is your own voice which is saying things about that situation you were just thinking of which, in the past, made you feel anxious...or upset.

Listen in and you might hear a sentence or two...but then, as you pay less attention, the voices become jumbled and you cannot make out what they are saying.

Allow yourself to tune out from listening to the radio...focus again on experiencing how lovely and comfortable it is to be sitting in this deep, comfortable chair...feel yourself enveloped and cocooned in its warmth...enjoy these feelings...noticing how easy it is to relax...deeper and deeper.

Faintly, and in the distance, you can still hear a murmur on the radio...tune in again...perhaps you will hear one or two comments, or perhaps you will hear a jumble of noise.

And now, tune out...aware that this commentary is happening in the background...and that you can tune in and out as you wish...enjoy this feeling of being deeply comfortable in your deep, soft chair...be aware of a murmur far away in the distance and be aware that...if there is anything important worth listening to...you can choose to tune in and out as you wish.