



Please mute your audio and type any questions into the chat box

Your video can be off or on, whatever makes you most comfortable

Confidentiality, and Zoom limitations

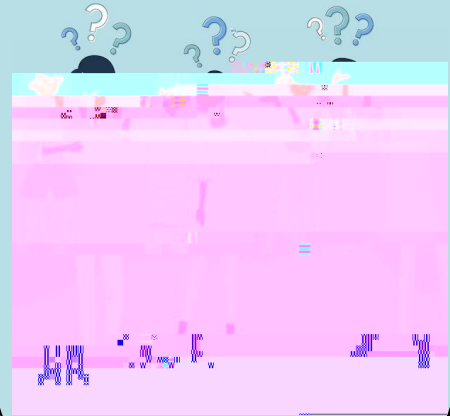




INTENTIONS FOR TODAY'S GROUP:

Deep Breathing
Pain vs. Suffering
Radical Acceptance
Mindfulness of your suffering
Willing Hands

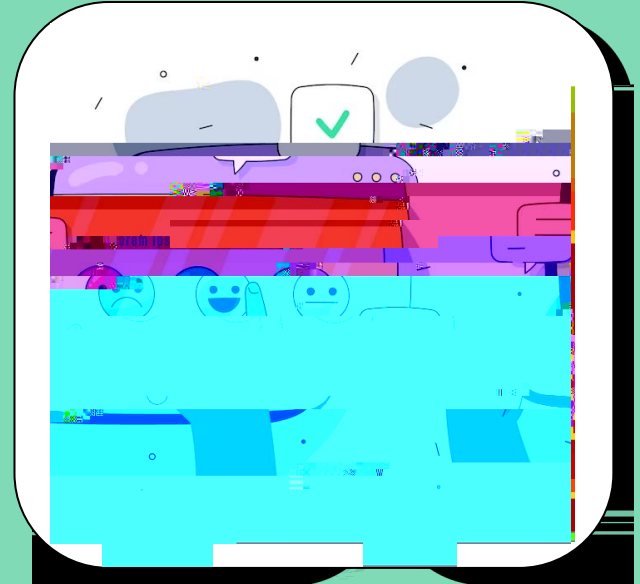
"Did you set
your intentions
today?"



CHECK-IN

My Anxiety Meter

1. Alert and awake, concentrating well
2. Mildly anxious and distressed
3. Moderately anxious and distressed
4. Quite anxious and distressed
5. Extremely anxious and distressed



PAIN VS. SUFFERING

Pain is the pure physical or emotional response directly related to being hurt.

In contrast, Dr. Marsha Linehan has described suffering as, "pain without acceptance." Or, in the words of writer Haruki Murakami, "Pain is inevitable. Suffering is optional."

Please share a time when suffering played a role in your anxiety.





MINDFULNESS OF SUFFERING

Try to catch yourself this week whenever you notice yourself turning pain into suffering. Through mindfulness of your suffering, you'll start finding important patterns and themes.

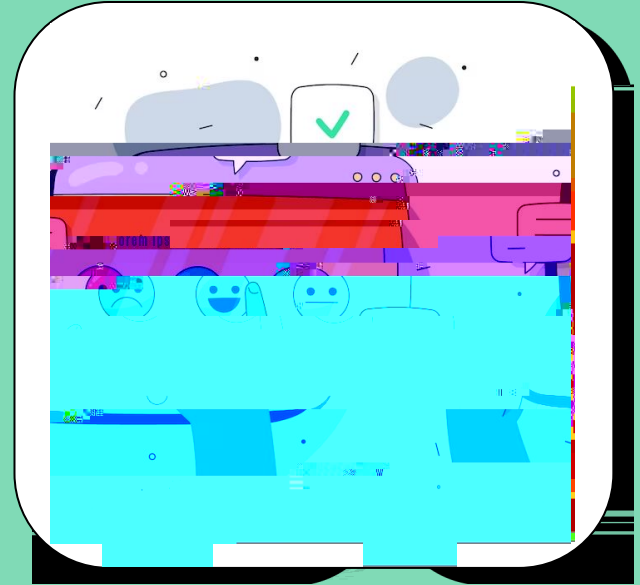
This week, when you notice your mind going down these similar paths, try saying to yourself, "Suffering," and then reconnecting with the present moment around you. This will help you realize you don't have to replay the same old thoughts, images, memories, and stories that lead back to suffering. Then, you can choose to reconnect with the present through mindfulness.

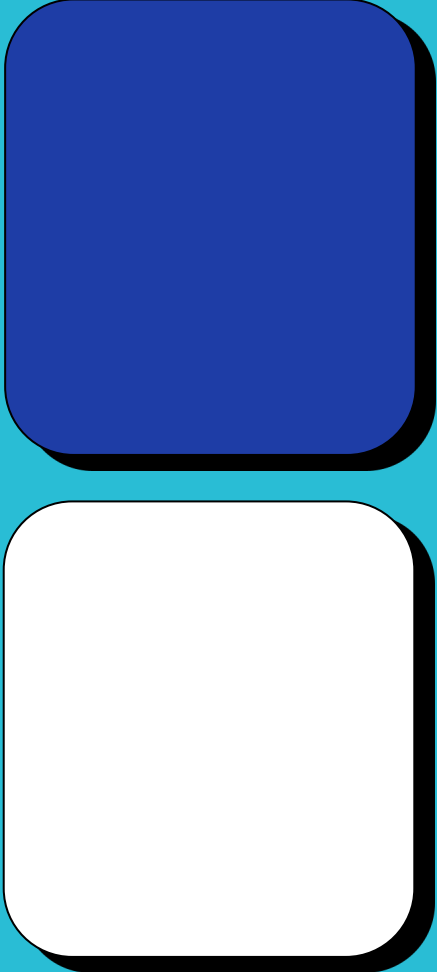
You can practice jumping right back into the present by reminding yourself, "I'm back," once you realize you were drifting into a place of suffering.

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Think share about what skills you might want to practice from home this week:

Deep Breathing

Radical Acceptance

Mindfulness of suffering/Willing Hands

It is best to practice these when you are not anxious, so that you have the routines in place when you are feeling overwhelmed.

