WORKSHEET 130 · FOR THE PSYCHOLOGIST

Loving-kindness meditation

Sending good wishes, to myself and to others

AIM

Practise loving-kindness meditation: expressing good wishes towards oneself and then towards ever wider circles, to cultivate emotions of warmth and connection.

WHO IT IS FOR

Isolation, anger or resentment, self-criticism, wanting a meditation practice focused on connection.

DURATION

10-15 min a day

HOW TO RUN IT

1. The person chooses 3 or 4 simple phrases ("May you be safe. May you be at peace. May you be healthy. May you live with ease.").
2. They direct them in turn to a loved one, to themselves, to a neutral person and then to all beings.
3. Later a difficult person can be added, only if they wish.
4. After the practice, they note what they felt, without looking for a result.

POINTS TO WATCH

> Starting with a loved one is usually easier than starting with oneself. Never impose the "difficult person", especially if there has been violence. In people who are very self-critical or who have experienced abuse, self-kindness can at first bring up sadness, discomfort or mistrust (the "backdraft" described by Germer and Neff). This is to be expected: go more slowly, in small doses, and validate the difficulty.

REFERENCES

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PSYCHOLOGIST'S NOTES

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WORKSHEET 130 · WORKSHEET TO HAND OUT

Loving-kindness meditation

This meditation involves silently repeating good wishes, first for someone you love, then for yourself and then for others. It isn't about feeling something in particular: you are cultivating an intention.

1. Choose 3 or 4 simple phrases that mean something to you.
2. Sit down and direct them silently to each person in the table, for a few minutes each.
3. Skip the "difficult person" row if you don't feel like it.
4. Note what you felt with each one.

For whom	My phrases	What I felt

With whom it was easiest, and hardest:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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