AWARENESS & EMOTIONS

Who Is Noticing?

A gentle disidentification meditation | About 5-10 minutes, at your own pace

This workbook offers a gentle introduction to the practice for you to explore on your own; deeper work is best undertaken with the support of a professional counsellor.

A little space around your experience

This practice invites you to notice your body, feelings and thoughts while remembering that no single experience is the whole of you. You are making room to be with what is here, with care, and to consider what you want to do next.

Read one section, then pause. You can stay with just the body or feelings today and leave the rest for another time. There is no particular state you need to reach.

1 Settle where you are

Find a comfortable position with some support beneath you. Keep your eyes open, soften your gaze or close them if that feels comfortable. Notice the room around you before turning your attention inward.

Let your breathing find its own pace. Notice the air coming in and going out. There is no need to make anything happen.

2 Notice your body

Notice where your body meets the chair, floor or bed. There may be areas of ease, tension or discomfort. You do not need to change them.

Your body changes from day to day. Sometimes it is rested, sometimes tired, sometimes well, sometimes unwell. It carries you through your life, and it deserves your care.

Quietly say: I have a body, and I am more than my body.

Pause and notice how these words meet you. Perhaps something shifts, or perhaps nothing in particular does. Either is fine.

3 Make room for feelings

Turn towards whatever you are feeling. It might be calm, restlessness, sadness, irritation or something without a clear name. Several feelings may be present at once.

Feelings change over time. For now, see whether you can acknowledge one feeling without needing to explain it, change it or let it speak for all of you.

Quietly say: I have feelings, and I am more than my feelings. Then pause.

Stay in contact with your surroundings. If you begin to feel overwhelmed, distant or less present, stop, look around and notice the support beneath you. You can leave the practice here.

WHO IS NOTICING?

The one who notices

4 Notice your thoughts

Notice a thought arriving, lingering or moving on. Some thoughts may be useful, some repetitive, some unwelcome. You may find that your mind does not always do what you would like it to do.

Your mind helps you understand and find your way in the world. And you can notice it working.

Quietly say: I have a mind, and I am more than my mind. Give yourself a little time with that.

5 Notice your roles - optional

Think of a few roles you play: perhaps parent, partner, friend, colleague, son or daughter. You may take these roles seriously and meet them with care. Notice that you can also see yourself in them.

Quietly say: I play many roles, and I am more than any one of them.

You do not need to put a role aside or decide who you are beyond it. Simply notice whether there is a little more room around it.

6 Rest with the question

Ask yourself gently: If I am more than my body, my feelings, my thoughts and my roles, who is noticing all of these?

There is no need to find an answer in words. You might simply notice that you are here, aware of some of your experience, and able to choose where your attention goes.

If the words feel useful, quietly say:

I am a centre of awareness and of will. From here, I can observe, care for and give direction to every part of me.

Stay for a few comfortable moments. Spaciousness, quiet, uncertainty or very little in particular may be present. You do not need to feel steady or clear for the practice to count.

7 Return to the room

Let your attention widen to sounds around you and the feeling of your body being supported. Move your fingers and toes. Open your eyes if they have been closed. Take your time before standing or returning to your day.

You might carry a short version with you: I am having this experience, and I am more than this. Then ask:

What would I like to do next?

"More than" does not mean that your body, feelings or thoughts matter less. The invitation is to include them in your awareness and care, while allowing room for a response.

WHO IS NOTICING?

A few words afterwards

Keep it brief

A few words are enough. You can leave a question unanswered or write that you did not notice much. These notes are a way of listening to your experience, rather than judging how well you meditated.

1 What did I notice in my body, feelings or thoughts?

2 How did the words "I am more than..." meet me?

3 Did I feel more in contact with myself, or did I need to stop or change something?

4 What would support me now?

You can adapt the words, keep your eyes open, shorten the practice or leave it aside. If turning inward repeatedly leaves you distressed or disconnected, explore this with a professional counsellor before returning to the meditation.

WHO IS NOTICING?

Returning to the practice

Over four weeks

If this meditation forms part of your Development Map plan, follow the pace agreed there. Otherwise, use these suggestions as a gentle way to return to it. You do not need to practise every day or move through every section.

1 WEEK ONE

Find a comfortable starting point

Try settling and noticing your body for a minute or two. Begin and end by looking around the room. Notice what helps you feel present and supported. That may be enough for now.

2 WEEK TWO

Include a little more

If the first step feels manageable, include a feeling or a thought. Try one "I have... and I am more than..." phrase. Notice how it meets you, without trying to create distance from your experience.

3 WEEK THREE

Make room for a choice

In an ordinary moment when a thought, feeling or role feels strong, pause. Try: I am having this experience, and I am more than this. Then consider one small response that takes both you and the situation into account.

4 WEEK FOUR

Review what fits

Return to whichever part has felt useful. Read your notes and consider whether the practice helps you stay in contact with yourself and respond with care. Decide whether to continue, adapt it or leave it for now.

What would I like to keep, change or explore with support?

This practice supports self-reflection. It is not a treatment or a substitute for professional support. Deeper exploration is best undertaken with a professional counsellor.

Work with me

If this workbook has opened up something you would like to explore further, you are welcome to get in touch. I offer psychotherapy and counselling in Dalston, East London, and online. We can use an initial session to consider what brings you to therapy and whether working together feels right for you.

BOOK AN INITIAL SESSION

CONTACT ME

