

Core Skills of Mindfulness

1. Clarifying, Setting and Reaffirming Intention

- ~ For an event, a quality, a relationship, etc.
- ~ Answering the question: “What am I practicing?”

2. Cultivating a Witnessing Awareness

- ~ Developing meta-cognition: awareness of the state of your awareness
- ~ Practicing outer non-reactivity: witnessing your inner landscape without autopilot reactions

3. Stabilizing Attention

- ~ Strengthening the ability to hold your focus
- ~ Nurturing the **harmony of intention and attention**
“*What is it I want to remember in this moment?*”

4. Strengthening Self-Regulation

- ~ Settling negative energies intentionally: shortening the time that difficult emotions keep you “hooked”
- ~ Avoiding (or recovering from) emotional hijackings: bringing your whole brain back on line

5. Practicing Loving-Kindness

- ~ Calming the inner critic and self-judgment
- ~ Practicing non-judgmental awareness leading to kindness and compassion for yourself and others

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