

Mindful Presence Work Sheet.

How to Ace Your Relationships with Mindful Presence.

Mindful presence is consciously noticing the person or people in your presence in the moment without judgements or appraisal.

Best Practice Research:

Best practice research and neuroscience show that conscious, attentive listening and focus on the person enables deeper neuronal connections and in turn more meaningful relationships.

People need to feel heard, listened to, and understood. Mindful Presence - or showing up in your body and soul for the person you are with - adds tremendous value to your relationship with them.

Example Of Mindful Relating.

Dan finds it awfully difficult to tune in and listen when his wife goes on and on about her woes. Jan, his wife, suffers from Depression and Anxiety which leave her feeling frequently fatigued.

"Honey go take a walk, it will help you feel better," suggests Dan helpfully. Jan begins to cry.

Dan doesn't understand why Jan is so upset now. He is out of his depth. "Take your medication, you will feel better," he offers. Jan bursts out into a torrent of how Dan doesn't care and understand what she is going through. He is even more confused.

Dan does not yet realize that all Jan needs in that moment is for him to consciously notice her, be present, listen intently without judgment or advice.

Dan learned how to practice Mindful Presence with Jan, which required only that he put aside his ego. Once he understood this, he committed to putting 30 minutes aside each day when he came home from work.

First, Dan greeted Jan mindfully. He looked straight into her eyes and listened to her ramblings about her day. His gaze upon her gaze, his ears hearing only her words, he offered no advice or suggestion, no criticisms or "Honey, it's your fault. If only you would stop spending all that money ..."

Jan couldn't believe it. "Dan, what is going on?" she finally asked incredulously. "You listened to me without criticizing me or telling me what to do!"

“I just want to be present for you,” said Dan, delighted that five minutes of mindful being with Jan had saved them from a protracted battle, and the misery that always followed fighting.

Relationships are our most valuable asset. Yet it is those we love and know that we take for granted and spend less and less quality time with. **It only takes a few minutes. It pays to be mindful.**

The Four Steps To Mindful Presence

First: **Stop**, Notice and remind yourself to become consciously aware of the person you are with.

Second: **Look**, Drop everything - phone calls, texting, watching TV - whatever you are doing and look at the person you are with.

Third: **Let Be**, Observe your thoughts and stop any judgments of yourself - or the other person. Create a neutral and safe space in which you allow yourself and the other to be accepted just as you are.

Fourth: **Listen**, For at least one minute or, ideally, longer, refrain from giving advice or suggestions. Take a deep breath in, breathe out, and then subtly focus on your breath. This conscious act allows you to focus on the other person and just listen.

It's that simple - or hard. Hard to break the patterns of behavior we have been carrying for so long, but so simple once we do.