

The Easiest Meditation Ever

What I Do When I Can't Even

Meditation can be hard! Some days I'm too daydreamy to focus on my breath. Sometimes an emotion comes on so suddenly and fully that it's hard to be mindful of it. But this is a technique that I can pretty much always manage, and it really helps (more on why below).

Step 1: Notice a thought

Is your inner critic calling you names? Is an angry part of you calling someone else names? Are you remembering that awkward thing you said in 8th grade? Or gaming out the pros and cons of a decision for the tenth time? Whatever it is, just notice the thought.

Step 2: Acknowledge the thought

Now say in your mind, "I hear you, you think _____." If "hear" doesn't feel right, you can say "I get it" or "I understand," before repeating back the thought.

"I hear you, you think I'm stupid."

"I get it, you cannot BELIEVE he said that."

There's no need to argue with the thought, replace it with a better one, or anything else. Just let it know you get its message.

Step 3: Rinse and repeat

Just go through the steps again with the next thought. Believe it or not, you're meditating!

Trauma-informed note: listen to your needs! If this ever feels unsafe or overwhelming, it's okay to stop. In this case, a trauma specialist can help you proceed safely.

Why it works

Mindfulness is awareness of the present moment without judgment. You're noticing your thoughts and acknowledging them, without judgment.

What's that? You also have another thought judging the one you acknowledged? Of course, that's totally normal. But it's not *you*. It's another thought. So acknowledge that one.

Speaking back to your thoughts helps you do two crucial things:

1. **Separate** your core self (the noticer and acknowledger) from the parts of you having those thoughts. This is, [in my opinion](#), the key to mindfulness, the thing that makes awareness without judgment possible.
2. **Assure** your part that you have received its message. *This is where thinking in terms of parts starts to be really useful.* When parts of you think you're not hearing their messages, they do what anyone would do: get louder! They send the thought over and over, or make it more intense, or add physical discomfort to it. They're just using whatever means they have to get your attention. Assurance that you got the message can help those insistent messengers relax.

If you're not used to thinking of yourself as having parts, this might be weird to consider. My [FAQ on parts work](#) might help. If you have any questions, you can send me a message through the form [here](#).

Once you're over the weirdness, it might get really cool. You might sense that the part you acknowledged feels relieved and grateful to be heard. Or, it might not be impressed with just acknowledgement. That's fine too! It takes time to build trust, and this is just the beginning of an inner relationship.

Next Steps

If you're all set with this meditation, that's great! If you want to go further and learn to give your parts not just acknowledgment but deep listening and compassion, you might like my coaching package [Finding Mindfulness](#).

If you want to keep learning about mindfulness and parts work, you can follow me on [Facebook](#) or [Instagram](#), and join my [newsletter](#).

My best to every part of you,

Presley Pizzo
[Parts with Presley](#)