

# Supporting Our Mind(s) & Body Through Discomfort

Barsotti, M. (2025). Supporting Our Mind(s) and Body through Discomfort. Mindful Therapy Practice.

Original work adapted from:

: Marich, J. (2013). Creative Mindfulness: 20+ strategies for wellness & recovery. Mindful Ohio.

Hershfield, J., & Aguirre, B. (2023). The Unwanted Thoughts and Intense Emotions Workbook: CBT and DBT skills to break the cycle of intrusive thoughts and emotional overwhelm. New Harbinger Publications.



# Meeting the Present Moment With Trust, Acceptance, & Non-Judgment

**Accept:** Accept what you know to be true in this moment.

**Allow:** Any discomfort I/We feel in our bodies to exist.

Whatever thoughts/pictures present in my/our brain to simply exist.

Allow the tools and resources that I/we have in this moment to be enough.

**Let Go:** Of the need for Certainty, Cure, or Perfection

In this moment/Today

**I/WE Accept:**

Invitation to: Identify One Truth in your life that You(s) cannot change in this moment.

In this moment/Today

**I/WE Allow:**

Invitation to: Identify something internally uncomfortable to exist in this moment.

In this moment/Today

**I/WE will Let Go of:**

Invitation to identify something You(s) are willing to let go of, that are outside of your control.

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**What I am experiencing Right now:**

Describe your current experience right now, without judgment, without added values or labels.

I (Identify what part/self/headmate/alter) **Feel (what emotion exactly?)...**

My/Our body is experiencing...

What Automatic Negative thoughts do I (Identify what part/self/headmate/alter)

have right now?

Example:

"I/We can't tolerate this."

**Identify The Mantra You(s) would Like to Have Instead**

Example:

This is uncomfortable, & I/We am breathing through it.

# Holding Two Truths at the Same Time/ Dialectical Language

## Formula for Dialectical Language:

Part 1 Say the DIFFICULT or UNCOMFORTABLE thing.

Part 2 Add the word **AND**

Part 3 Say the helpful, mindful action or truth you are practicing

## Example:

Part 1 I / We feel or notice or experience  Difficult thing.

Part 2

**AND**

Part 3 Mindful, Intentional, Positive Action

## Example:

Part 1 I / WE FEEL UNCOMFORTABLE

Part 2

**AND**

Part 3 I / We AM BREATHING THROUGH IT.

Part 1 I / WE FEEL / Notice / Experience

Part 2

**AND**

Part 3 I / WE am / are doing the following positive, Mindful, Intentional Action in this moment...

# Negative to Positive or Neutral Beliefs List

Negative Beliefs/  
Old Learning

Positive or Neutral Beliefs we are  
actively training our  
mind(s)/System  
to focus on/New Learning

I/WE am/are Weak → I/WE am/are Strong & Resilient

I/WE can't tolerate a  
panic attack → I/WE have everything we  
need & can tolerate being  
uncomfortable.

I/WE am/are going to die. → I/We am/are alive in this  
moment. I/We have life.

I /WE don't have control → I/WE have power over  
myself/system

I/WE am/are not safe → I/We have all that I/we need &  
am/are Safe Enough.

# Mindful Attitudes to Practice In This Moment

Check What Attitude(s) you(s) will Practice Today

- Patience** Giving myself and my/our body time to heal or change without rushing or forcing it.
- Trust In Myself/System    Trust in God    Trust in my/our faith**  
Believing that I/we can handle this moment, that healing takes time, and that I/we am supported by something bigger than myself (like God, our faith, or our community).
- Non-Judgment of myself, my body, or my feelings**  
Not calling my/our body "bad," "wrong," or "gross." Not blaming myself/system for how I/we feel. Just noticing what is happening.
- Acceptance**  
Seeing things as they are in this moment, even if I/We don't like them, and treating myself/System with care while they are happening.
- Letting Go**  
Releasing pressure to heal perfectly, quickly, or "the right way," and allowing things to unfold at their own pace.
- Presence: Being Here and Now**  
Bringing my/our attention to what is happening right now, something that I/we am/are grateful for; a blessing that I/we have. Focusing on what I/We have vs what I/We do not have. Focusing on the good, and moving away from what I/We cannot control or change in an instant in this moment. Letting go of the past or future.  
Finding the good, the blessings, the beauty, even with all of the difficulty also happening at the same time.
- Compassion Toward My Body**  
Treating my/Our body with kindness, even when it feels uncomfortable, tired, or in pain.
- Gratitude for the Sacredness of my Body**  
Recognizing that my/Our body has value, worth, and dignity just as it is right now.