

Sitting With Discomfort

Psychedelic experiences can feel novel, as they draw us into psychological material that may be unfamiliar. Sometimes these novel experiences can feel scary, off-putting, or uncomfortable. However, sitting with the discomfort can often lead to transformations -- new ways of thinking, feeling, or being.

This worksheet will help you to practice sitting with discomfort, which will better prepare you to lean into your own inner healing intelligence.

Practice

Recall the Memory

Recall a recent experience in which you felt mildly uncomfortable. You might bring to mind sitting in traffic, being in a crowded space, or sitting across from someone without knowing what to say, or something else.

Embody the Memory

As you think about the uncomfortable experience, sense into what is happening in your body. You might notice a shift in your breath, a tension in your muscles, or a sick feeling in your stomach. Whatever you notice, just pay attention, without trying to change it.

Name the Emotions

As you track your experience, notice any emotions that arise. Maybe you feel annoyed, worried, or agitated. Whatever emotions you notice, just name them, and allow them to be, without trying to change them.

Notice the Thoughts

As you track your experience, notice any thoughts that emerge. You may have a thought about yourself, about others, or the world. Whatever thoughts you notice, just allow them to be, without trying to change them.

Try out a Resource

As you sit with this discomfort, you may feel an urge to comfort yourself with a deep breath, a self-hug, or a movement. Go ahead and try that out now. Notice what shifts in your body, in your emotions, and thoughts. This exercise has expanded your capacity to sit with discomfort. When things become too uncomfortable, you can always call upon your resource.