

Loving-Kindness Meditation DBT Worksheet

Client's Name:

Date:

Introduction

Loving-Kindness Meditation (LKM) is a mindfulness practice that involves generating feelings of love, compassion, and goodwill toward oneself and others. This practice can be particularly helpful in promoting emotional well-being and enhancing relationships. In this worksheet, we will guide you through a Loving-Kindness Meditation exercise.

Instructions

1. Find a quiet and comfortable place to sit or lie down. Close your eyes and take a few deep breaths to relax.
2. Focus your attention on your breathing for a few moments. Inhale deeply through your nose, and exhale slowly through your mouth. Allow your breath to become steady and natural.
3. As you continue to breathe, bring to mind an image of yourself, either as you are now or as a child. See yourself clearly in your mind's eye.
4. Begin to silently repeat the following phrases to yourself. Feel free to modify them to better suit your own feelings and intentions:
 - May I be happy.
 - May I be healthy.
 - May I live with ease.
 - May I be filled with love and kindness.

RESPONSE:

5. As you repeat these phrases, focus on genuinely wishing yourself well. Feel the warmth of these words as they resonate within you.

RESPONSE:

6. Continue this practice for 5-10 minutes, or for as long as feels comfortable to you.

RESPONSE:

7. When you're ready, bring to mind someone you care about, such as a friend or family member. Visualize them clearly.
8. Now, direct the same phrases toward this person:
 - May you be happy.
 - May you be healthy.
 - May you live with ease.
 - May you be filled with love and kindness.

RESPONSE:

9. Again, focus on sincerely wishing them well as you repeat these phrases. Imagine sending your love and kindness to them.
10. Extend this practice to other people in your life, gradually including acquaintances, people you may have conflicts with, and ultimately, all beings.

RESPONSE:

11. Whenever you're ready, gently open your eyes and bring your awareness back to the present moment.

RESPONSE:

Reflection

Take a moment to reflect on your Loving-Kindness Meditation experience:

- How did it feel to send love and kindness to yourself and others?
- Did any specific emotions or thoughts arise during the practice?
- How might incorporating Loving-Kindness Meditation into your daily life impact your relationships and emotional well-being?

RESPONSE:

Commitment

Commit to practicing Loving-Kindness Meditation regularly, even if only for a few minutes each day. Set a goal for how often you will engage in this practice, and note it down here:

- **RESPONSE:**

Additional Notes

Please use this section to jot down any additional thoughts, insights, or questions you may have related to this practice or your experience.

- **RESPONSE:**