

Six Aspects of Mindful Writing*

Awareness, Attention, Acceptance, Affection, Appreciation, Affirmation

Awareness

Mindful writing is an expression of “compassionate, open-hearted, choiceless **awareness**, through which we take a stance of impartial witness to our own experience. This type of **awareness** is especially interested in how engaged we are in judging and categorizing our experiences and our patterns of reaction. In this writing of **awareness**, we are careful to simply **notice** judging as it comes up, not to judge the judging, simply to note its presence.

Consider a significant emotional event and write for one minute beginning with these words:

I am aware of / that/ ...

Attention

Mindful writing pays **attention** to patience and to impatience or our tendency to rush ahead to get to the next moment. This form of wisdom acknowledges that things unfold on their own schedule, not on the schedule of our ego. When our writing pays **attention** to habits of mind and reacting, we record how our mind seems to have a mind of its own which we simply notice and redirect to paying **attention** to sensations of the

Consider a significant emotional event and write for one minute beginning with these words:

I am paying attention to ...

Acceptance

Mindful writing is writing that describes our **acceptance** of things and ourselves as they are, and as we truly are in the present moment, not as we wish to be, or as we think they should be, or as we think they are. It does not mean we like every thing, or that we take a passive attitude toward our lives, or that we are satisfied, or that we stop trying to change things for the better. Mindful **acceptance** writing is simply describing to ourselves how things really are with us in the present moment.

Consider a significant emotional event and write for one minute beginning with these words:

I accept that ...

Affection

Mindful writing is writing that expresses affection for ourselves with non judgment, lovingness, and compassion. This is writing with **affection** for ourselves and our experiences as if we were writing about a friend for whom we have unconditional love and good will. It is writing that supports and holds us in the best possible light, with dignity and respect for our whole humanity and experience of what the human experience means for us.

Consider a significant emotional experience and write for one minute beginning with these words:

I have affection for ...

Appreciation

Mindful writing is writing that **appreciates** the richness of ourselves and the world we live in as they truly are, as a beginner might see the world for the first time, as a child encountering the softness of its blanket for the first time. **Appreciation** includes gratitude for the richness of all ourselves in each moment with the understanding that our thinking of ourselves is sometimes a filter that keeps us from the whole richness of

Consider a significant emotional event and write for one minute beginning with these words:

I have appreciation for ...

Affirmation

Mindful writing is writing that **affirms** that we allow ourselves to let go of striving and attachment. We often are exercising the opposite and clinging unaware to our ideas and views about ourselves, others, and situations that do not serve us. But this form of writing is different from other forms of writing in that it does not strive to change things. It is simply writing that **affirms** compassionate awareness to letting go of attachment to certain thoughts, feelings or situations. In this **affirmative** writing, we intentionally put aside the tendency to elevate some aspects of our experience and reject other aspects. We simply write, **affirming** our experience as it is, writing that we are releasing any contraction around aspects of our experience. We write to **affirm** that we let them be.

Consider a significant emotional event and write for one minute beginning with these words:

I affirm that...

*adapted from Attitudinal Foundations of Mindfulness Practice in Full Catastrophe Living Jon Kabat Zinn