



My Loving-Kindness Meditation Script

Five stages, a place to adapt the phrases, and a short note before and after. Read slowly, with a breath between each line. If it stirs up painful feelings, stop and ground yourself.

01 Before you start

Settle in. Take three slow breaths, a little longer on the way out than the way in. Rest one hand on your chest or your lap, if that feels okay. Notice how you feel right now, without trying to change it.

How warm or kind do I feel towards myself right now?

1 2 3 4 5 6 7 8 9 10

Not at all

Very

In a few words, how am I feeling today?

02 My phrases

Write three or four short wishes you could say to yourself and to others, in your own words. Common starting points are 'May you be safe', 'May you be well', 'May you be at ease' and 'May you be happy'. Keep them simple. You will use the same ones through every stage, changing 'I' or 'you' as you go.

My wishes

For example: May I be safe. May I be well. May I be at ease. May I be kind to myself.

1.

2.

3.

4.

03 Stage 1: yourself

Bring yourself to mind. You can picture your face, or yourself sitting here, or just say your own name silently. Repeat your phrases slowly, with a breath between each: 'May I be safe. May I be well. May I be at ease.' Let each line land before the next. If you notice a sceptical or critical voice, you needn't argue with it. Say the words again, gently. If saying these to yourself feels uncomfortable or false, that is worth noticing, and you can move straight on to Stage 2 and come back to this one later.

What did I notice while wishing myself well?

04 Stage 2: someone you love

Bring to mind someone you care about and who is easy to care about: a friend, a child, a pet, a grandparent. Picture them, or recall a moment when they made you smile. Repeat the phrases for them: 'May you be safe. May you be well. May you be at ease.' Take your time. Notice any warmth, or any other feeling that arrives, and let it be there.

Who did I choose, and what did I notice?

05 Stage 3: a neutral person

Now think of someone you neither like nor dislike: a person you see at the shop, on your commute or in your street, whose name you may not even know. They have a life as full as yours, with worries and hopes you know nothing about. Repeat the phrases for them: 'May you be safe. May you be well. May you be at ease.' It may feel strange to wish well to someone you barely know. That is part of the practice.

Who did I choose, and what did I notice?

06 Stage 4: someone difficult (optional)

This stage is optional, and skipping it is fine. Skip it if it's too much. If you want to try, choose someone who is mildly difficult for you, such as a colleague who irritates you. Do not choose someone who has abused or seriously hurt you. You are not saying that what they did was okay, and you are not obliged to forgive anyone. You are only offering the same short wishes: 'May you be safe. May you be well. May you be at ease.' If it brings up anger, fear or distress, stop, open your eyes and come back to the room. Go straight to Stage 5 or end the session.

For this stage I:

- ☐ Skipped it
- ☐ Tried it with someone mildly difficult
- ☐ Tried it, then stopped because it was too much

Anything I noticed, if I tried it:

07 Stage 5: everyone

Let your attention widen: the people in your home, your street, your town, then everyone, everywhere, and all living things. Repeat the phrases, changing them to fit: 'May all beings be safe. May all beings be well. May all beings be at ease.' Stay with that for a few breaths. If you like, finish by coming back to yourself and repeating the first wishes once more. Then open your eyes slowly and take your time before you get up.

What did I notice as I widened out?

08 Afterwards

There is no right result. If it felt flat or awkward, that tells you something too.

How warm or kind do I feel towards myself now?

1 2 3 4 5 6 7 8 9 10

Not at all Very

What came up? (tick any)

- ☐ Warmth
- ☐ Calm
- ☐ Sadness
- ☐ Irritation or resistance
- ☐ Feeling nothing much
- ☐ Restlessness or a wandering mind
- ☐ Something painful I want to look after

Notes: which stage was easiest, which was hardest, and anything I'd change in my phrases:

When you're done, a moment to reflect

- Which stage came most easily, and which was hardest? What might that say about where you are right now?
- How did it feel to wish yourself well, compared with wishing someone else well?
- Whose face stayed with you after you finished?
- Which of your phrases felt true, and which sounded false? What would you say instead?
- If something painful came up, what would help you look after yourself tonight?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/loving-kindness-meditation-script



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.