

MINDFUL DRINKING EXERCISE – Russ Harris

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- *So I now invite you to sit up straight, and please do this exercise in silence. You will be able to talk about it later.*
- *Now take hold of the cup (or glass), and observe it as if you are a curious person who has never seen an object like this before ... (pause 5 seconds)*
- *Notice the shape and the colour of this cup/glass ... (pause 5 seconds)*
- *Notice how the light shines through it or bounces off it ... (pause 5 seconds)*
- *Notice the texture of the surface; run your fingers over it, and notice what it feels like ... (pause 5 seconds)*
- *Notice the weight of it in your hand (pause 5 seconds)*
- *Look at the liquid inside it (name it – e.g. orange juice, water, tea)... notice the way the light reflects off the surface (pause 5 seconds)*
- *Gently move the cup so as to make the liquid inside swirl around... (pause 5 seconds)*
- *Notice the patterns on the surface of the liquid, as it swirls ... (pause 5 seconds)*
- *Now raise it to your nose and smell it ... (pause 5 seconds)*
- *If your liquid is tea or coffee or something else with a distinctive smell, then inhale it deeply through your nose, and really notice the aroma ... (pause 5 seconds)*
- *And now raise the up or glass to your mouth, and rest it against your lips, and pause for a moment before drinking ... (pause 5 seconds)*
- *And notice what is happening inside your mouth ... (pause 5 seconds)*
- *You may notice saliva forming ... or your mouth getting warmer ... or an urge to drink ... (pause 5 seconds)*
- *And in a moment—do not do it yet—I am going to ask you to take one small sip ... as slowly as you can ... and then close your mouth again, but let the liquid stay inside your mouth, without swallowing it .. (pause 5 seconds)*
- *And so now, in ultraslow motion, take a small sip ... then close your mouth, and let the liquid stay there, inside your mouth ... (pause 5 seconds)*
- *And ever so slowly, ever so gently, swirl the liquid around inside your mouth ... (pause 5 seconds)*
- *Feel it against your tongue, and inside your cheeks ... (pause 5 seconds)*
- *And if this liquid has a taste, really notice it ... (pause 5 seconds)*
- *And notice where you can taste it on your tongue... (pause 5 seconds)*
- *And I invite you to close your eyes now, to enhance the experience ... (pause 5 seconds)*
- *And just notice any urges arising ... (pause 5 seconds)*
- *And then, in ultraslow motion, swallow it ... (pause 5 seconds) and notice the sound of swallowing ... (pause 5 seconds) and the movement of your throat*
- *And whenever you notice that your attention has wandered, acknowledge it, and then refocus on this exercise*
- *And now do the same thing all over again.*
- *Open your eyes again, and notice the shape and the colour of this cup or glass ... (pause 5 seconds)*
- *Notice how the light shines through it or bounces off it ... (pause 5 seconds)*

- *Notice the texture of the surface; run your fingers over it, and notice what it feels like ... (pause 5 seconds)*
- *Notice the weight of it in your hand (pause 5 seconds)*
- *Look at the liquid inside it ... notice the way the light reflects off the surface (pause 5 seconds)*
- *Gently move the cup so as to make the liquid inside swirl around... (pause 5 seconds)*
- *Notice the patterns on the surface of the liquid, as it swirls ...(pause 5 seconds)*
- *Now raise it to your nose and smell it ... (pause 5 seconds)*
- *And now raise the up or glass to your mouth, and rest it against your lips, and pause for a moment before drinking ... (pause 5 seconds)*
- *And notice what is happening inside your mouth ... (pause 5 seconds)*
- *You may notice saliva forming ... or your mouth getting warmer ... or an urge to drink ... (pause 5 seconds)*
- *And now, as slowly as possible, take a small sip ... then close your mouth, and let the liquid stay there, inside your mouth ... (pause 5 seconds)*
- *And ever so slowly, ever so gently, swirl the liquid around inside your mouth ... (pause 5 seconds)*
- *Feel it against your tongue, and inside your cheeks ... (pause 5 seconds)*
- *Notice the taste of it, if any ... (pause 5 seconds)*
- *And notice where you can taste it on your tongue... (pause 5 seconds)*
- *And just notice any urges arising ... (pause 5 seconds)*
- *And then, in ultraslow motion, swallow it ... and notice the sound of swallowing and the movement of your throat (pause 5 seconds)*
- *And whenever you notice that your attention has wandered, acknowledge it, and then refocus on this exercise (pause 5 seconds)*
- *And finally, let's do this one more time, but this time I am going to say very little*
- *So once again, with great curiosity, notice the cup... (pause 5 seconds)*
- *And the liquid inside ... (pause 5 seconds)*
- *And sip slowly ... (pause 5 seconds)*
- *And hold it in your mouth ... (pause 5 seconds)*
- *And notice what happens ...(pause 5 seconds)*
- *And really notice it when you swallow ... (pause 5 seconds)*
- *And now coming to the end of the exercise ... (pause 5 seconds)*
- *So let's finish up with grounding ourselves ... (pause 5 seconds)*
- *Slowly push your feet into the floor, and straighten your back, and stretch your arms*
- *And really notice the feelings of your arms stretching, or your feet pressing, or your back straightening. (pause 5 seconds)*
- *Now open your eyes and ears as fully as you can, and notice with curiosity where you are.*
- *Look around you. What are five things you can see?*
- *Listen carefully. What are three or four things you can hear?*
- *As you breathe in the air, what can you smell?*
- *Notice where you are and what you are doing.*
- *Open your hands and gently run your fingers over whatever it is that you have been sitting on.*
- *Notice what this surface feels like under your fingers.*
- *So notice: there is a part of you that is able to notice everything that you see, hear, touch, taste, smell, think, feel and do.*