

Script for Guided Communication Savoring Practice

Instructions: The following document provides a script that can be used to guide a Communication Savoring practice in the classroom. While communication savoring can be practiced independently, instructors often have the opportunity to engage in guided contemplative practices with their students.

The following script provides general guidelines that can be modified based on students' needs. Like many contemplative practices, this guided activity is *invitational*, not *expectational*. The following exercise can be modified to best accommodate the learning environment and the instructor's learning objectives.

Time: 8-10 minutes

Centering and grounding (2 minutes):

In this practice, I will guide you to think about, reminisce, or imagine a specific communication moment that brings you pleasure, appreciation, enjoyment, and thankfulness. Relax while picturing this moment. You can relax your body and mind by focusing on a past, present, or future moment that was meaningful to you and that brings you pleasure. Start by grounding yourself in a comfortable position. You can keep your eyes open or closed. You can stand up or sit down, adjusting your body to do what it needs. Relax your head, your shoulders, your neck, your hands, and your feet. Take note of how your body feels. Take a deep breath in, and as you exhale, notice where your body feels the most tension. Focus on these areas as you take another breath. Allow the tension to flow away as you breathe out. As I guide you through this communication savoring practice, feel free to modify the prompt as needed.

Savoring practice:

As we begin our practice, think about the word, "savoring," and what it means to you [pause]. What does the word "savoring" make you think about? Think about something pleasurable that you particularly enjoy, cherish, and/or anticipate. This can be something found in nature, like a sunset or a walk on the beach, or it can be a communication moment that was particularly meaningful for you. It can be a conversation, text message, or special time with another person, including a loved one, a mentor, a friend, or a family member. It can be a past, present, or future moment.

STOP: now that you have a clear moment or thing in mind, try to stop. Slow down and pause, being thankful that this moment was brought up to your attention. Take a deep breath, inhale, and exhale. Notice how you feel. Notice the sensations in your body. Capture this moment and the feelings that it brings.

SAVOR: Now that you have a specific moment in mind, allow the tastes, smells, sounds, textures, and colors to come to your mind. Focus on these sensory experiences. Try to capture everything from all the words that were said to all of the other non-verbal cues (touch, sounds other than talk, and facial expressions).

Enjoy the details of this moment allowing them to soak in and penetrate in your mind and heart. Think about the pleasurable sensations this moment brings to your mind. Does it bring to mind joy, peace, tranquility, enthusiasm, pleasure, and serenity? Does it bring satisfaction, fulfillment, and gratification? Take ahold of these sensations and rehearse them in your mind. Think about other people who are there with you, enjoying this moment. Think about the gestures, the sights, the smells and the tone of voice of the other person. If you are by yourself, listen to any other noise that emerges.

SHARE: Now that we have savored this moment thoroughly, think about how you share it with other people. Sharing involves many aspects. You can write the moment down and re-read it when you are going through a difficult time. You can write it like a story or a movie script. You can also share it with the people that were involved in the scene. You can think about how you would tell them in person or with a phone call, text message, or a letter. You can also share it on social media, highlighting the positive feelings that emerged from this experience. Regardless of whom you can share this moment with, remember all the positive sensations that you experienced. Make the other person a participant of the experience itself.

Conclusion:

To finish this practice, return to those pleasurable sensations that you savored. Return to your breath, by inhaling and exhaling. When you are ready, gently return with your mind to the class, move your fingers, and open your eyes.