

person of any feelings of confusion or guilt that might have developed or any concern that he or she might somehow be responsible for your changed behavior. You may be dealing with other circumstances that have influenced the way you communicated with the other person. For example, you may have learned that you have a serious illness, that you might lose your job, or that someone close to you needs care or might not live much longer. These kinds of situations can easily make you anxious, and it's important to share these feelings with the person you're engaging in this practice with. There's no need for the other person to feel guilty or suspect that he or she is responsible for your behavior. You might say, "If I've been sad or less cheerful recently, please don't think that this has anything to do with you or something you have done. It's just very difficult for me to deal with this situation."

Part 4 – Express your hurt

In the fourth part of *Beginning Anew*, you talk about the times when you've felt hurt. Before we share our hurt it is wise to share two things we appreciate for every hurt we express. Expressing to another person that you've been hurt should happen in a calm way, not in an exaggerated, reproachful, or accusatory manner. Before you share how you've been hurt, make sure you feel calm inside. You might even want to practice sitting or walking meditation beforehand. One person expresses his or her feelings of hurt while the other person listens without responding, even if the person who's speaking says something that has resulted from a wrong perception. Then you agree to meet again at another time, so that the other person may speak and present his or her perspective. Some people may want to invite a neutral third person to witness this fourth part of *Beginning Anew*. Often, the presence of a neutral person in these circumstances can support a mindful and kind interaction.

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