

# Putting Your Mind in the Present Moment

## Activity 5

## Activity 5 Putting Your Mind in the Present Moment

### *For You to Know*

Things that hurt you in the past and worries about the future often get in the way of noticing what is happening in the present moment. If you can focus your mind on just what is happening right now, you can give yourself a break from feelings of sadness, hurt, or anger about the past and of fear or nervousness about what might happen in the future.

It can be helpful to think of the present moment, the moment you are in right now, as a gift. When you notice a strong feeling, try to ask yourself if the feeling is about something that is happening right now or if it is about something that hasn't happened yet. If your feeling isn't about something going on right now in the present moment, use the acronym GIFT to focus your mind back to the here and now. An acronym is a reminder word formed from the beginning letters of an idea. Think of the acronym GIFT as a present you are giving to yourself.

**G—Get**

**I—into**

**F—focusing on**

**T—the present moment**

### *For You to Do*

Draw a picture below of the gift you will be giving yourself. Think of what is happening right now, and write the facts about right now inside your gift. Outside, draw your hurts from the past or your worries about the future.

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***For You to Do***

Make a plan for how you can show that you care for someone.

**C**—Remember, when you are **curious** about someone, you look for facts that tell you someone really cares and you don't *only* pay attention to your feelings. What would it look like if you were curious about someone? Write some ideas here:

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Think of some times when it would be helpful to be curious about a situation. List your examples here:

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**A**—**Ask** questions and do not assume you already know the answers. Have your feelings ever gotten in the way of seeing the facts? Write down an example here:

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What questions could you ask to help you know the facts? List some questions you could ask here:

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**R**—**Really** listen to what you hear and repeat it back to make sure you heard everything that was said. Write down some examples here of what you said when repeating back what you heard:

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**E**—**Express** understanding. For example, you could say, "It sounds like you had a really busy day. It makes sense that you're feeling tired." Write down some other examples here of what you can say to express understanding:

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