



# Mindfulness for Relationships Audio Series

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## How to Use These Meditation Scripts

These guided meditations are designed to support your relationship journey through mindfulness, intention-setting, and emotional regulation. Each script can be:

- **Read aloud and recorded** for personal use or client distribution
- **Used as a live guided meditation** in coaching sessions
- **Adapted to your voice and style** while maintaining the core structure
- **Practiced regularly** to build emotional awareness and relational mindfulness

### Recording Tips:

- Speak slowly and calmly (slower than normal conversation)
- Pause where indicated with “...” (3-5 seconds)
- Longer pauses marked as [PAUSE] (10-15 seconds)
- Use a warm, gentle, non-judgmental tone
- Record in a quiet space with minimal background noise



## Meditation 1: 5-Minute Morning Intention

**Duration:** 5 minutes

**Best for:** Starting the day with clarity and relational purpose

**When to use:** First thing in the morning, before checking phone or starting daily tasks

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### Script:

*[Soft, warm tone]*

Welcome to this morning intention practice. Find a comfortable seated position... either on the edge of your bed, in a chair, or cross-legged on the floor. Allow your eyes to gently close, or soften your gaze toward the floor...

Let's begin by taking three deep, cleansing breaths together...

Breathe in deeply through your nose... [PAUSE] ...and exhale slowly through your mouth... [PAUSE]

Again, breathe in... filling your lungs completely... [PAUSE] ...and release... [PAUSE]

One more time... breathe in peace and possibility... [PAUSE] ...and breathe out any tension or worry... [PAUSE]

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Now, bring your attention to this present moment. Notice the weight of your body... the surface beneath you... the temperature of the air on your skin...

This is a new day. A fresh start. An opportunity to show up as the partner you want to be...

Begin by checking in with yourself. Without judgment, simply notice...

How are you feeling this morning?... [PAUSE]

What emotions are present?... Perhaps calm... or anxious... hopeful... tired... overwhelmed... or peaceful... Just notice, without trying to change anything... [PAUSE]

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Now, bring to mind your partner... See their face in your mind's eye... Notice what arises when you think of them... [PAUSE]

Today, you have the opportunity to contribute to your relationship in meaningful ways. Small moments of connection. Gestures of kindness. Patience when things get hard...

Ask yourself: What kind of partner do I want to be today?... [PAUSE]

Perhaps you want to be more present... more patient... more affectionate... more understanding... Let an intention arise naturally... [PAUSE]

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Now, set one simple intention for your relationship today. Choose something specific and achievable...

It might be: - "Today I will listen without interrupting" - "I will express appreciation for one specific thing" - "I will pause before reacting when I feel triggered" - "I will initiate physical affection three times"

Whatever your intention is, state it clearly in your mind... [PAUSE]

Now visualize yourself following through on this intention... See yourself in a moment today where you embody this quality... Notice how it feels... [PAUSE]

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Take one more deep breath... breathing in your intention... [PAUSE] ...and breathing out any doubt or resistance... [PAUSE]

Place your hand on your heart. Feel the warmth of your own touch...

Silently say to yourself: "Today, I choose love. Today, I choose connection. Today, I choose to show up with intention."... [PAUSE]

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When you're ready, gently open your eyes...

Carry this intention with you throughout your day. Let it guide your words, your actions, and your presence...

Thank you for taking this time to set your intention. Your relationship is worth this investment...

*[End]*

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## Meditation 2: Preparing Your Heart for Change

**Duration:** 8 minutes

**Best for:** Beginning of coaching journey, before difficult conversations, or when facing relationship transitions

**When to use:** At the start of a coaching program, before a challenging discussion, or during times of change

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### Script:

*[Gentle, compassionate tone]*

Welcome. Thank you for being here, and for having the courage to show up for your relationship and for yourself...

Find a comfortable position, either sitting or lying down... Allow your body to be supported... Let your shoulders drop away from your ears... Soften your jaw... Unclench your hands... [PAUSE]

Gently close your eyes, or lower your gaze...

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Let's begin with the breath... Notice the natural rhythm of your breathing... No need to change it, just observe... [PAUSE]

Breathe in... and breathe out... [PAUSE]

With each exhale, allow yourself to settle more deeply into this moment... [PAUSE]

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Change is not easy. Whether you're here because your relationship is struggling... or because you want to grow... or because you're facing a transition... change requires courage...

And you are here. That matters...

Take a moment to acknowledge yourself for showing up... for being willing to do the work... for choosing growth over comfort... [PAUSE]

Place your hand on your heart. Feel the steady rhythm of your heartbeat... This heart has loved... has hurt... has hoped... has feared... and it's still beating... still open... still capable of connection... [PAUSE]

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Now, I want you to imagine your heart as a door... For some of you, this door might be tightly closed... locked... protected by walls you've built over time... And that makes



sense. You've been hurt. You've been disappointed. You've learned to guard yourself...

For others, this door might be slightly ajar... open just enough to let some light in, but ready to slam shut at the first sign of danger...

And for some, this door might be wide open... perhaps too open... leaving you vulnerable and unprotected...

Whatever state your door is in right now... just notice it... without judgment... [PAUSE]

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Change begins with awareness. You cannot change what you don't acknowledge...

Ask yourself: What am I afraid will happen if I open my heart more fully?... [PAUSE]

Perhaps you're afraid of being hurt again... or rejected... or disappointed... or losing yourself... Just notice what arises... [PAUSE]

Now ask: What am I afraid will happen if I keep my heart closed?... [PAUSE]

Perhaps you're afraid of loneliness... of missing out on connection... of living with regret... of never experiencing the love you long for... Again, just notice... [PAUSE]

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Here's the truth: Change is uncomfortable. Growth requires vulnerability. Healing takes time...

But you don't have to do this alone. And you don't have to do it all at once...

Imagine that you're standing at the door of your heart... You have the key. You have the power. You get to choose how much to open... and when... and with whom...

Today, you're not being asked to fling the door wide open. You're simply being invited to unlock it... to open it just a crack... to let a little light in... [PAUSE]

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Take a deep breath in... [PAUSE] ...and as you exhale, imagine unlocking that door... just slightly... [PAUSE]

Notice what it feels like to create just a little more space... a little more openness... a little more possibility... [PAUSE]

You might feel scared. That's okay. Fear and courage can coexist...

You might feel resistant. That's okay too. Resistance is your protection trying to keep you safe...

But underneath the fear and the resistance... there's also hope. There's also longing. There's also love... [PAUSE]



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Place both hands on your heart now... Feel the warmth... the steadiness... the aliveness...

Silently say to yourself:

"I am willing to try..." [PAUSE]

"I am willing to be open to change..." [PAUSE]

"I am willing to do the work, even when it's hard..." [PAUSE]

"I am willing to believe that my relationship can grow..." [PAUSE]

"I am willing to believe that I can grow..." [PAUSE]

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Take one more deep breath... breathing in courage and possibility... [PAUSE] ...and breathing out fear and doubt... [PAUSE]

When you're ready, gently open your eyes...

You are ready for this journey. You are capable. You are worthy of the love and connection you desire...

Thank you for preparing your heart. This is sacred work...

*[End]*

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## Meditation 3: Releasing Relationship Stress

**Duration:** 10 minutes

**Best for:** After conflict, during high-stress periods, or when feeling overwhelmed

**When to use:** Evening wind-down, after a difficult day, or when emotions are running high

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### Script:

*[Calm, soothing tone]*

Welcome to this practice of releasing relationship stress. Find a comfortable position where you can fully relax... This might be lying down, seated in a chair, or propped up with pillows...

Allow your eyes to close... and begin to notice your breath... [PAUSE]

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Breathe in slowly through your nose... [PAUSE] ...and exhale completely through your mouth... [PAUSE]

Again... breathe in... [PAUSE] ...and release... [PAUSE]

One more time... breathing in calm... [PAUSE] ...breathing out tension... [PAUSE]

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Relationships are beautiful... and they're also hard. They require energy... patience... communication... vulnerability... And sometimes, the weight of it all can feel overwhelming...

If you're carrying stress from your relationship right now... you're not alone. This is normal. This is human...

Today, we're going to practice releasing what you've been holding... creating space for rest... for peace... for renewal... [PAUSE]

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Begin by scanning your body... Notice where you're holding tension...

Is it in your jaw?... Your shoulders?... Your chest?... Your stomach?... Your hands?... [PAUSE]

Wherever you notice tightness or discomfort... just breathe into that space... Imagine your breath flowing directly to that area... bringing oxygen... bringing release... [PAUSE]



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Now, bring to mind the stress you've been carrying in your relationship...

Maybe it's a recent argument that's still replaying in your mind... [PAUSE]

Maybe it's an ongoing issue that never seems to get resolved... [PAUSE]

Maybe it's the distance you've been feeling... the disconnection... the loneliness...  
[PAUSE]

Maybe it's the pressure to be perfect... to have it all figured out... to never mess up...  
[PAUSE]

Whatever it is... acknowledge it... Name it... "I'm carrying stress about \_\_\_\_\_" ...  
[PAUSE]

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Now, imagine that this stress has a physical form... What does it look like?... What color is it?... What texture?... Is it heavy or light?... Sharp or dull?... [PAUSE]

Where are you holding it in your body?... [PAUSE]

Place your hand on that area... Feel the warmth of your own touch... [PAUSE]

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Now, with each exhale, imagine releasing this stress... bit by bit... breath by breath...

Breathe in fresh, clean air... [PAUSE] ...and breathe out the stress... watching it dissolve... [PAUSE]

Breathe in peace... [PAUSE] ...breathe out tension... [PAUSE]

Breathe in spaciousness... [PAUSE] ...breathe out overwhelm... [PAUSE]

Continue at your own pace... breathing in what you need... breathing out what no longer serves you... [PAUSE - 20 seconds]

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Now, let's release specific stressors, one by one...

If you're holding onto resentment... imagine it as a heavy stone... and with your next exhale, set it down... You don't have to carry it anymore... [PAUSE]

If you're holding onto guilt or shame... imagine it as a dark cloud... and with your next exhale, watch it drift away... You are not your mistakes... [PAUSE]





If you're holding onto fear about the future of your relationship... imagine it as a tight knot... and with your next exhale, feel it loosen... You don't have to know what's coming... You only have to be present now... [PAUSE]

If you're holding onto the need to control or fix everything... imagine it as a clenched fist... and with your next exhale, open your hand... Let go... [PAUSE]

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Take a moment to notice how you feel now... [PAUSE]

You might feel lighter... more spacious... more at ease... [PAUSE]

Or you might still feel some heaviness... and that's okay too. Healing isn't linear. Release happens in layers... [PAUSE]

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Now, let's invite in what you want to feel...

Breathe in calm... [PAUSE] ...breathe out stress... [PAUSE]

Breathe in compassion for yourself... [PAUSE] ...breathe out self-judgment... [PAUSE]

Breathe in hope... [PAUSE] ...breathe out despair... [PAUSE]

Breathe in trust that you're doing the best you can... [PAUSE] ...breathe out the pressure to be perfect... [PAUSE]

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Place both hands on your heart... Feel the rise and fall of your chest with each breath...

Silently say to yourself:

"I release what I cannot control..." [PAUSE]

"I release the need to have all the answers..." [PAUSE]

"I release the weight of past hurts..." [PAUSE]

"I am allowed to rest..." [PAUSE]

"I am allowed to let go..." [PAUSE]

"I am allowed to start fresh tomorrow..." [PAUSE]

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Take three more deep, cleansing breaths...

Breathe in... [PAUSE] ...and release... [PAUSE]

Breathe in... [PAUSE] ...and release... [PAUSE]



Breathe in... [PAUSE] ...and release... [PAUSE]

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When you're ready, gently wiggle your fingers and toes... Roll your shoulders... And slowly open your eyes...

You've done the work of releasing today. Honor that. Rest now...

Thank you for taking this time to care for yourself. You deserve this peace...

*[End]*

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## Meditation 4: Loving-Kindness for Your Partner

**Duration:** 12 minutes

**Best for:** Rebuilding connection, softening resentment, cultivating compassion

**When to use:** When feeling disconnected, after conflict resolution, or as a regular practice to maintain warmth

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### Script:

*[Warm, tender tone]*

Welcome to this loving-kindness meditation for your relationship. This practice is designed to soften your heart... to cultivate compassion... and to reconnect with the love that brought you together...

Find a comfortable seated position... Allow your spine to be tall but not rigid... Rest your hands gently in your lap or on your knees... [PAUSE]

Close your eyes... and take three deep breaths... [PAUSE between each]

Breathe in... and out...

Breathe in... and out...

Breathe in... and out... [PAUSE]

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Loving-kindness practice, also called “metta,” is an ancient meditation that cultivates goodwill and compassion... Today, we’ll direct this loving energy toward yourself first... and then toward your partner...

This practice doesn’t require you to feel a certain way. You don’t have to force warm feelings. Simply offer the words with intention... and trust that the feelings will follow in time... [PAUSE]

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### Part 1: Loving-Kindness for Yourself

We begin with ourselves... because you cannot pour from an empty cup. You cannot offer your partner what you don’t have for yourself...

Place your hand on your heart... Feel the warmth of your own touch... [PAUSE]

Bring to mind an image of yourself... See yourself with compassion... with tenderness... as you would see someone you deeply care about... [PAUSE]

Now, silently repeat these phrases to yourself... I’ll say them first, and then you can repeat them internally...



*May I be happy...* [PAUSE - 5 seconds]

*May I be healthy...* [PAUSE]

*May I be safe...* [PAUSE]

*May I live with ease...* [PAUSE]

Let's repeat them together one more time... breathing the words into your heart...

*May I be happy...* [PAUSE]

*May I be healthy...* [PAUSE]

*May I be safe...* [PAUSE]

*May I live with ease...* [PAUSE]

Notice what it feels like to offer yourself these wishes... [PAUSE]

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## **Part 2: Loving-Kindness for Your Partner**

Now, gently bring your partner to mind... See their face... their eyes... their smile... [PAUSE]

You might notice mixed feelings arise... love and frustration... affection and hurt... hope and disappointment... All of this is welcome. You don't have to push anything away... [PAUSE]

Remember a moment when you felt love for them... Maybe it was when you first met... or a moment of laughter... or a time they showed up for you... or simply the way they look when they're sleeping... [PAUSE]

Hold this image gently in your heart... [PAUSE]

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Now, offer these phrases of loving-kindness to your partner... Even if it feels difficult... even if you're angry or hurt... simply offer the words as a gift... as an intention...

*May you be happy...* [PAUSE]

*May you be healthy...* [PAUSE]

*May you be safe...* [PAUSE]

*May you live with ease...* [PAUSE]

Again, breathing the words toward your partner...

*May you be happy...* [PAUSE]



*May you be healthy... [PAUSE]*

*May you be safe... [PAUSE]*

*May you live with ease... [PAUSE]*

If resistance arises, that's okay. Simply notice it... and return to the phrases... [PAUSE]

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### **Part 3: Loving-Kindness for Your Relationship**

Now, bring to mind both of you together... See yourselves as a team... as partners... as two imperfect humans trying to love each other well... [PAUSE]

Offer these wishes to your relationship as a whole...

*May we be happy together... [PAUSE]*

*May we support each other's growth... [PAUSE]*

*May we communicate with kindness... [PAUSE]*

*May we navigate challenges with grace... [PAUSE]*

One more time...

*May we be happy together... [PAUSE]*

*May we support each other's growth... [PAUSE]*

*May we communicate with kindness... [PAUSE]*

*May we navigate challenges with grace... [PAUSE]*

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### **Part 4: Expanding Compassion**

Now, let's expand this circle of loving-kindness even further...

Bring to mind anyone who supports your relationship... Friends, family members, therapists, coaches... anyone who wants the best for you both... [PAUSE]

Offer them these wishes:

*May you be happy... [PAUSE]*

*May you be healthy... [PAUSE]*

*May you be safe... [PAUSE]*

*May you live with ease... [PAUSE]*

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Finally, expand your awareness to include all couples everywhere... all people who are trying to love and be loved... all humans navigating the beautiful, messy work of relationships... [PAUSE]

*May all beings be happy...* [PAUSE]

*May all beings be healthy...* [PAUSE]

*May all beings be safe...* [PAUSE]

*May all beings live with ease...* [PAUSE]

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## Closing

Take a deep breath in... [PAUSE] ...and exhale slowly... [PAUSE]

Place both hands on your heart... Feel the warmth... the openness... the softness... [PAUSE]

Notice if anything has shifted... Perhaps there's a little more space in your heart... a little more compassion... a little more willingness to try... [PAUSE]

This practice is a gift you can return to anytime... Whenever you feel hardened... disconnected... resentful... or stuck... you can come back to these phrases... back to this intention... back to love... [PAUSE]

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When you're ready, gently open your eyes...

Carry this loving-kindness with you. Let it inform how you speak to your partner today... how you listen... how you show up...

Thank you for practicing. Your willingness to soften your heart is an act of courage and love...

*[End]*

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# How to Integrate These Meditations into Your Practice

## For Personal Use:

- **Morning Intention:** Daily practice before starting your day
- **Preparing Your Heart:** Beginning of coaching, before difficult conversations, during transitions
- **Releasing Stress:** Evening practice, after conflict, during high-stress periods
- **Loving-Kindness:** Weekly practice, when feeling disconnected, as relationship maintenance

## Customization Options:

- Adjust timing by adding or reducing pauses
- Modify language to match your coaching style
- Add background music (soft, instrumental, non-distracting)
- Create shorter versions (3-5 minutes) for clients who struggle with longer practices
- Offer both guided and silent versions

---

*These meditation scripts are designed to support emotional regulation, relational mindfulness, and heart-centered connection. Use them with intention and compassion.*



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## For Coaching Clients:

- **Record these meditations** in your own voice and provide as downloadable audio files
- **Assign specific meditations** based on client needs (e.g., Releasing Stress after a fight, Loving-Kindness when resentment is high)
- **Use as session openers** to help clients ground and center before coaching
- **Create a meditation library** in your resource hub organized by need

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