

Caroline Welch

The Gift of Presence

Topic #1 Presence - Discussion Guide

Welcome Presence Groups, Book Groups, Workshops, Spirituality-based Groups, and all others!

PRESENCE is the state of being aware by paying attention on purpose to what's going on right now without getting carried away by our judgments or opinions. Inherent in Presence is being patient with and kind to ourselves. Presence, mindful awareness and mindfulness are used synonymously in *The Gift of Presence*.

1. Name two or three moments or situations over the past day or two when you were fully present.
2. What would it take for you to increase the moments you are fully present each day?
3. With whom are you most likely to be fully present?
4. How much of your day is spent regretting the past—and dwelling on something you did or said, or failed to do or say?
5. Share some of your worries about the future and imagine how it would feel to let go of them.
6. Try to observe one feeling and see if you can experience how fleeting it is.
7. Share an example of when you were able to respond, not react, to something that was said to you.
8. Notice and share how you feel when you say to yourself, "I am exactly where I should be right now."
9. What distractions are most likely to take you out of the present moment?
10. Share what time during your day could be repurposed to moments when you could be fully present—such as commuting by train, or waiting in line.
11. What daily activity could you see yourself attaching or stapling a few seconds or even moments of silence to?
12. What is most challenging for you when it comes to being present?