

Just like me

Just like me, you have suffered and just like me, you want to be accepted as you are and be loved.

We can improve our relationships with others by acknowledging, again and again, our similarities. We may appear to be different and yet we have still so much in common. As we remind our self of our commonality we feel less “alone”, cultivating a sense of connection, belonging, and empathy with others.



This practice can be done by bringing to mind a friend, a family member, a colleague, a neutral person. It could be a person you love, a person you admire or a person with whom you have some difficulties. It can be done silently also, when you are in a public place or when meeting someone new. This practice can also be done in pair with someone else who wishes to join you in this practice.

To start you can make yourself comfortable sitting or lying down, taking some time to become mindfully present by being aware of your body and then focusing on the awareness of the breath. Gently slowing the breath, smiling within.

In your own mind, you can become aware of someone with whom you wish to develop a greater sense of connection to promote a better relationship.

When you are ready you can begin using some or all of the following phrases, choosing what resonates best with you.

Repeating the following phrases in your own way:

This person has a body and a mind, just like me.

This person has feelings, emotions and thoughts, just like me.

This person has in their life, experienced physical and emotional pain and suffering, just like me.

This person has at some point been sad, disappointed, angry, or hurt, just like me.

This person has at times felt unworthy, “not good enough” or inadequate, just like me.

This person worries and is frightened sometimes, just like me.

This person has longed for friendship, just like me.

This person is learning about life, just like me.

This person wishes to be free from pain and suffering, just like me.

This person wishes to be safe and healthy, just like me.

This person wishes to be happy, just like me.

This person wants to be accepted and loved just like me.

Now, allow some wishes for well-being to arise:

May you and I have the strength, resources, and social support to navigate the difficulties in life with ease.

May you and I find peace

May you and I be free from pain and suffering.

May you and I be as healthy as can be

May you and I be contented and happy.

May you and I feel accepted and loved.

You can add some other meaningful wishes for yourself and this other person.

When you finish the exercise notice what is there for you in your mind and body.

How does it feel in your body?

What is your state of mind?

Did any other thoughts or wishes arise?

If you are with someone else, acknowledge and say thank you to your partner while sharing your experience.

You can also listen to a free meditation audio called “just like me”

<https://www.bloomfieldpsychology.com.au/resources/free-mindfulness-meditations>

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