

Firstly, and most importantly, **acknowledge** the hindrance and then just take your attention back to the object of meditation (eg: the sensations of the breath or metta). Maybe it will pass. If not then maybe try one of the **antidotes**...

The Hindrances to meditation			The Antidotes					...and if all fails: Go for Refuge
	Traditional simile	Energy	"Sky like attitude"	Cultivate the opposite	Consider the consequences	Suppression	Outside of meditation	
Desire for sense experience	The mind is like water, dyed with bright, alluring colour	High	Watch the distraction float past like a cloud – do not add any energy to it	Take interest in the object of meditation Cultivate contentment and look for subtle signs of enjoyment in meditation	Where will this lead me? Will such desire ever be satisfactory?	If minor, say no and be resolute	"Guard the doors of the senses" Cultivate the ability to focus on one thing – mindfulness	- reflect that these teachings come from the Buddha's and other deep meditators' experience and success
Ill will	The mind is like simmering, steaming, bubbling, boiling water.	High	Observe your negative feelings and thoughts – don't engage with them	Cultivate metta, forgiveness, patience Notice the effect on your body	Where will this lead me? All people have positive qualities and a few faults – even us!	If minor, say no and be resolute	Cultivate positive friendships Be careful who you spend time with Avoid malicious gossip Resolve disputes	- reflect on any previous experience and success of your own - reflect on your potential to grow and that all things (including the hindrances) are impermanent
Restlessness and anxiety	The mind is like water whipped up by wind	High	Observe your restless feelings and thoughts – don't engage with them	Cultivate stillness Watch the breath lower in the body Be aware of your body and kind to what you find Try to engage in a relaxed, not tense way	Note that your worries are impermanent and will pass They are not 'you'	If minor, say no and be resolute	Watch what you eat and drink Slow down your life Cultivate relaxed attention Study the dharma Exercise to relax	- reflect on the effect of conditions on your experience
Sloth and torpor	The mind is like a stagnant pool, choked with weeds	Low	n/a	Take interest and watch the breath higher in the body Cultivate energy through metta meditation, chanting Air, light, temperature	The opportunity to meditate is precious, don't waste it	n/a	Watch what you eat prior to meditation Get enough sleep, exercise and fresh air	
Doubt and indecision	The mind is like water clouded by mud	Low	n/a	Cultivate commitment and be decisive - engage with the practice	Consider the value of the practice and cultivate confidence in your abilities	n/a	Study the dharma Cultivate faith Cultivate encouraging spiritual friendships	

Don't try too hard with any of this or spend too long on any of this... don't get distracted dealing with a distraction!

And **please** remember that there's no such thing as a "bad" meditation. If it all falls apart, if you are horribly distracted throughout the sit, that's telling you a lot... wrong time? wrong place? Other things on your mind or with your body - posture or feeling a bit unwell? Conditions beyond your control? Pay particular attention to the "Outside of Meditation" column above. Maybe just come back to a general awareness of your body breathing or even further out to your whole bodily sensations sitting there... and still yourself, your mind, your body for a while.