

WORKING WITH OUR THOUGHTS & EMOTIONS



1. NOTICING TRICKY THOUGHTS

Some thoughts help us. Some thoughts hook us and pull us away from what matters.



Imagine these thoughts like a radio playing the same unhelpful song on repeat.

My tricky thought: _____



2. IS THIS THOUGHT HELPING ME?

Pause and ask:



Is this thought useful?



Is it trying to tell me something important?



Or is it just pulling me away from what matters?



There's no right or wrong — just notice.



TRY THESE THREE STEPS

Choose one thought and work through the phrases below.

1



SAY THE THOUGHT AS IT IS:

The thought:

2

ADD: "THERE'S THE THOUGHT THAT..."

There's the thought that...

Notice:

Does it feel a tiny bit further away?







3

ADD: "I'M NOTICING THAT THERE'S THE THOUGHT THAT..."

I'm noticing that there's the thought that...

Notice again:

- Does it feel less sticky?  vs 
- A bit lighter?
- Slightly funny or less threatening?  vs 

You might even notice a shift in your body (less tension, easier breathing, etc.).



YOUR TURN (PRACTICE SPACE)

Thought #1

- The thought:
- There's the thought that...
- I'm noticing that there's the thought that...