

Letting our thoughts pass through...

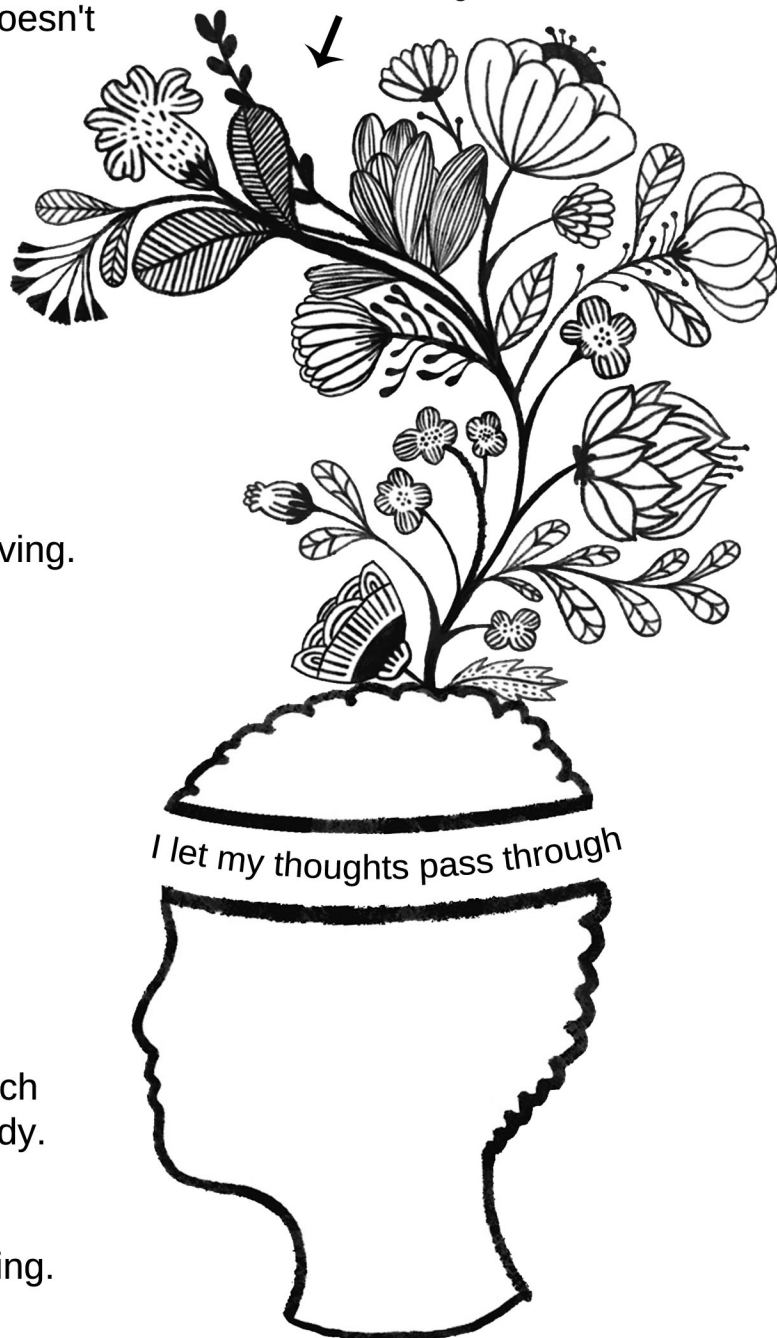
Our thoughts can sometimes feel like unwanted guest who spend their time trying hard to convince us that they should stay. They can be loud, unpleasant, and will work hard to get our attention and make us believe what they say.

If we engage them, they grow louder and take more place. They unpack and decide to camp in our minds.

If, however, we acknowledge them and allow them to make their way through the corridor of our minds, their visits are shorter and doesn't affect us as much.

Imagine your mind as long corridor, open on both sides.

I focus on the ideas, and actions that take me in the direction I wish to go in.



Steps I can take when feeling overwhelmed by thoughts:

1. I acknowledge the thoughts I am observing. I can describe them to myself if I wish. I can name them as if I was saying the names of guest entering the corridor.
2. I close my eyes and visualize these thoughts as guests easily walking through a corridor towards the exit. I do not engage with these guests, but simply watch them walk by.
3. I connect to my body by slowing down my breathing or by physical movement such as placing my feet down or moving my body.
4. I bring my attention and focus back to what I am doing. I continue what I was doing.