

Theme R: Tips to Take Away: Dealing with Troubling Thoughts

Notice the thoughts that are arising in your mind.



Try the mindful approach:

1. Become aware of what your mind is doing: *thinking*. It's generating thoughts. The thought is like a bubble that arises in the space of the mind. It's just what the mind does.
2. Step back and examine the thought with curiosity. How loud or soft is it in your mind? How strong is it? How long does it last? Can you notice sensations in your body when the thought arises? Don't try to push it out of your mind. Just observe.
3. Get in touch with your breath as you observe the thought. Remember, it's just a thought. Don't struggle with it, because that can make it stronger.
4. Watch the thought change in intensity. Return your full attention to your breath.