



*** Can you look at them differently?**

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*** Can the situations that trigger these thoughts be interpreted differently (for example: She just didn't happen to see me; My boss is probably having a bad day)?**

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*** What would a good friend say if you could share these negative thoughts with her?**

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Meditation notes

HERE IS AN EXERCISE TO HELP YOU LOOK AT YOUR THOUGHTS OBJECTIVELY,
WITH SPACE TO WRITE DOWN YOUR EXPERIENCES. PERHAPS YOU WILL DISCOVER
YOUR PATTERNS, OR THEMES THAT ARE IMPORTANT TO YOU AT THE MOMENT.

Stop reading a while, shut your eyes and focus your attention on this moment. What do you notice? How do you feel? What do you smell? What sounds can you hear? And what do you feel in your body? Try not to focus on your thoughts, but zoom in with all your senses on the now. Your mind will wander off automatically after a while. That's quite normal; it's just how our brain works. When you notice it happening, bring your attention quietly and calmly back to the moment.

*** Write down all the things going on in your mind.**

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*** Were your thoughts more positive or more negative?**

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