

Dealing with Thoughts

A mindful way to deal with your thoughts is through these four steps:

1. ACKNOWLEDGE

- Acknowledge the thoughts that are there right this moment

2. ACCEPT

- Welcome every thought and allow it to be there. Do not think about it, just look at it.

3. EXPLORE (Labelling)

- Imagine thoughts passing by as „goods“ on an assembly line
- Every thought has to be labeled. Choose a suitable label. For example: "home", "work", "shopping", "partner" etc.
- Let thoughts pass on the assembly line and wait for the next thought.

4. DO NOT IDENTIFY

- Practice keeping a distance to the thoughts by greeting them and saying goodbye to them.