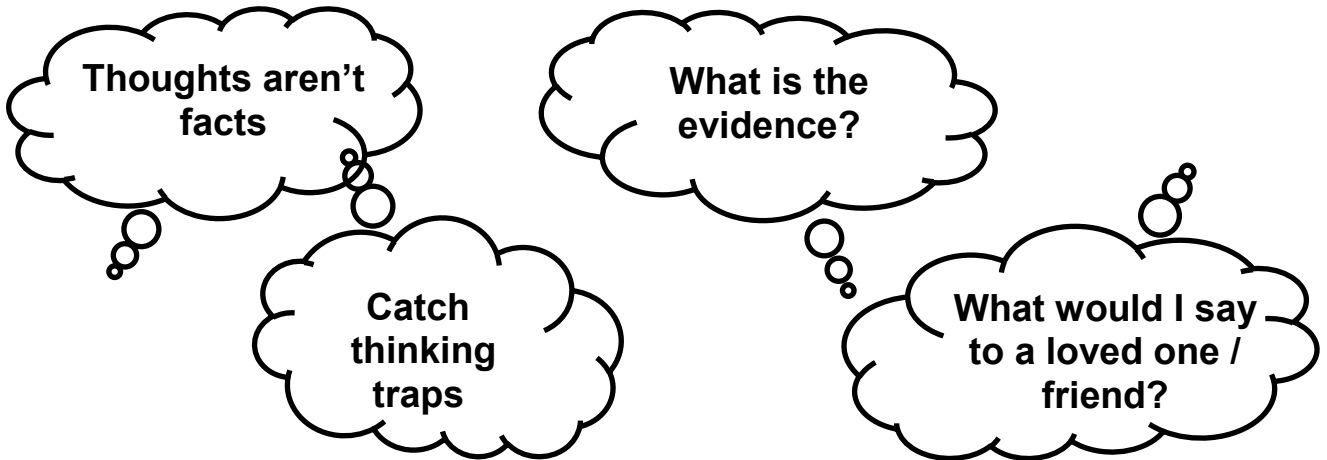


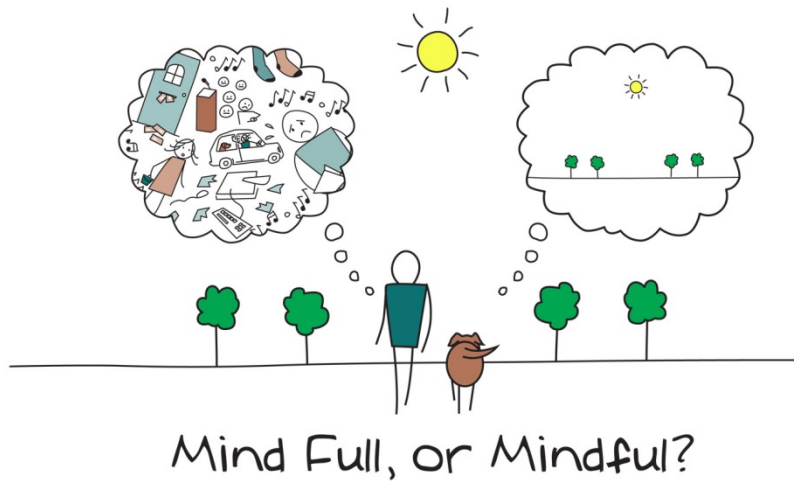


CHANGING OUR RELATIONSHIP WITH OUR THOUGHTS

1. Finding HELPFUL thoughts



2. Connect with the present moment



3. Defusing from unhelpful thoughts



Being aware of thoughts like passengers on a bus ...

You can be in the driving seat, whilst all the passengers (thoughts) are being critical, abusive, intrusive, distracting, and shouting directions, or sometimes just plain nonsense.

You can allow those passengers to shout and chatter noisily, whilst keeping your attention focused on the road ahead, heading towards your goal or value.

(Hayes et al, 1999)