



### **The Mind Bully**

The Mind Bully or Monster (of Anxiety or Depression etc) seems very strong and big. It says very upsetting things and tries to pull us into the great pit of fear and despair... so we automatically pull harder on the rope to stop us being dragged into the pit. This tug-of-war is constant and exhausting. The harder we pull, the harder the monster pulls.

We feed the monster, and make it even bigger and stronger, by pulling harder on the rope....by listening and paying attention to the monster, by believing the monster, and by reacting to the monster – by how we feel and what we do.

If we could let go of the rope, what would happen? The monster would still be there, saying what it says, but it would have no power to pull us towards the great pit. As we stop feeding the bully, gradually he will get weaker, smaller and quieter.

Let go the rope:

- Notice and acknowledge the mind bully
- Don't believe everything you think!
- Shift focus of attention
- Do something else – mindfully (attentively)

