

Observation task

Spend a few minutes considering the way you respond to situations and events which have recently caused you to have unwanted or unwelcome thoughts. How did you respond to the thought? Is this something you do often? What happened? Was it in line with your values? Did it move you towards a valued action or away from it? What did it cost you in terms of energy? Practice holding your thoughts lightly. Identify to yourself that 'I am having a thought that...I am worthless. Acknowledge it and let it float by.

If it helps write it down using this exercise sheet

Explain the situation in a sentence or two. What happened?	What unwanted thought, feeling, sensation or memory did you have?	How did you respond at the time? Did you try to suppress them/ did you try to avoid the situation? Did you leave?	What did this cost in energy? Did you feel emotionally drained after? Or were you left with energy? How much time did you spend on this response?	Was this in line with your values? i.e. did this help you move towards something you hold important? Or did it reduce the experiences and opportunities open to you?

Being aware of the present moment and what you are experiencing in the moment can help you to view the thoughts, feelings, sensations or memories from an objective perspective. It can help you step back and consider how you wish to respond to them and to choose a behaviour that is in line with the things you most want. Turn off auto-pilot and act mindfully.