The observing self

Try this exercise in your own life.

> When you find that you're having an unwanted thought or feeling try the following: Take a deep breath and find 10 seconds of kindness, say "The story I'm telling myself is…" and finish with the unwanted worry or a fear you were having.
>
> Then take a step back from your story, take a deep breath and be willing to accept that you had an unwanted thought. Observe yourself having the thought and accept it for just that, a thought you had. Let the thought go.
>
> Write it down or say it out loud whatever suits you.

For example

The story I'm telling myself is "*I am too stressed out to take on another thing, I am not going to get through this*".

Take three deep breaths

I can be kind to myself

The story I am telling myself is that this is all too much for me to take on and I can't do it.

Really I am just having the thought that this is too much. I am willing to accept that I have had this thought but it is just a thought it is not all of me.

Accept the thought and imagine it passing you by (like the runner or the cloud earlier)

Take three deep breaths

Remember there is nothing inherently wrong with these stories. They can help reinforce positive behaviours however they can also limit the way we respond to events and situations and restrict our ability to life in a way consistent with our values.