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# *Session 6 Thoughts are not Facts*

## Objective

Using what we have learnt to perceive that thoughts are not facts

# Agenda

1. Welcome
2. 3 Minute Breathing Space (Joe)
3. Check in (Joe)
4. Review of Home Practice (Both)
   1. Advanced Breathing Space with Difficult Event x 3 over week
   2. Sitting meditation for 20 minutes or 2 x 10 minutes daily if poss
   3. Basic Breathing Space regularly if able
5. Story of John (Rach)
6. Discussion about Interpreting (Both)
7. Moods and Thoughts exercise (Joe)
8. Extended Being with Feelings Meditation (Rach)
9. **Break**
10. Discussion – standing behind the waterfall (Both)
11. Extended Being with Feelings Meditation (Joe)
12. Home Practice
    1. Extended Being with Feelings Meditation
    2. Sitting meditation for 20 minutes or 2 x 10 minutes daily if poss
    3. Reflection
13. Check out

*Materials – paper and pencils/pens*