

## HOW TO SEE YOUR THOUGHTS DIFFERENTLY

Here are some of the things you can try:

1. Be aware of your thoughts. Watch them come in and then leave again, without feeling that you have to follow them. You could think of them as clouds. If you were watching clouds in the sky, they would come and go - so your thoughts can be.
2. Remember that your thoughts are only thoughts - events or ideas in your mind. Your thoughts are not facts. (More on this in Week 6)
3. Writing your thoughts down on paper can make them seem less overpowering. It also allows for reflection.
4. Question your thoughts - in an accepting way, for example:
  - Why did this thought pop into your head?
  - Is this thought a fact?
  - Can you question this thought?
  - Have I had this thought before?
  - Can I see this thought from a different perspective?
  - Are there alternatives?
5. For those thoughts that are really difficult, use the Exploring difficulty meditation. (Week 5)

Source:

From Segal, Williams, and Teasdale (2002). Copyright by The Guilford Press.

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**“Everything is created twice, first in the mind and then in reality.”**

— Robin S. Sharma, *The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams & Reaching Your Destiny*

