

# don't think about your thoughts

mumshine



active exercise



individual

This activity provides a practical exercise to understand our ability to suppress or block unwanted thoughts and what then happens to those thoughts when we apply this technique. This activity has strong links into mindfulness and the ability to observe our own thoughts and be in the moment. You will need about 15 minutes of quiet time to do this along with a problematic thought that is currently manifesting in your life.

## Step 1

Identify the problematic thought that has been occupying your mind

my problematic thought is

i have thought this

this equals

x 7

times per day

times in the past week

## Step 2

Reflect on the past week and identify how many times the thought has come up each day and x 7 to get the weekly amount

## Step 3

Set a timer for 3 minutes for this whole time try to actively suppress or block out that thought

in this 3 minutes i had this thought

times

in this 3 minutes i had this thought

times

## Step 4

Set a timer for 3 minutes and for this time, just do and think about whatever you like

## Step 5

Reflect on your experience... What was the experience like in both situations, How did you feel? what happened to the thought? how hard was it?

my reflections are:

## Step 6

Answer these 2 questions:

1) suppressing my thoughts is

easier

harder

than accepting them

2) suppressing my thoughts is

more effective

less effective

than accepting them