

Given the above examples, it may be helpful to think about the type of 'loops in the mind' you experience. See if you can outline your own, specific loops below. It may help to start with thinking about a recent situation that might have triggered your loops. From this, see if you can begin to outline – like with the examples of John, Naz and Stephanie – loops you have between new brain competencies (e.g. thinking, worrying, imagining) and old brain emotions or behaviours (e.g. anger, anxiety, avoidance, aggression).

New Brain Competencies

(worries, ruminations, self-criticism)

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Old Brain Competencies

(emotions, defensive behaviours)

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What have you learnt about the loops between your new and old brain competencies?

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How often do you experience these types of loops?

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How do these loops affect your confidence, wellbeing or mood?

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