

EXERCISE – Mind Watching

As you start to contemplate activating we would like you to practise watching your mind at work and being alert for any of the above mind tricks. Take a moment to think about one thing you are not currently doing that you would like to do again. See if you can imagine in detail – what would be involved in doing it? Where would you be? Who would be there? How would you feel? Now, imagine it was a little like you were sitting in the cinema, not too close, perhaps to the back of the screen. On the screen, you can see the mind tricks popping up. The goal here is just to notice your mind at work and catch the thoughts as they occur, particularly ones that sound like any of the mind tricks from above. And keep an eye on the impact that they have: what would be the old, habitual way of responding to these? What would a new, perhaps more helpful way look like?

What Valued Action were you thinking about doing?	What type of Mind Trick did you notice?	Old, habitual response?	New, more helpful response?