EXERCISE: Thought Bingo

In our everyday lives, it's common for thoughts to arise and for us to react automatically to them. We may find ourselves getting caught up in these thoughts, elaborating on them, or trying to push them away by distracting ourselves with new thoughts. To break free from this autopilot mode, let's practise slowing down this process. We'd like to introduce you to a game called 'Thought Bingo'. All you need is a pen, the worksheet below and, of course, your wonderful mind.

Step 1: Find a comfortable position in your chair, ensuring that you have your Bingo sheet and pen in front of you.

Step 2: Think about an action that holds significance for you, something that truly matters. It can be big or small, as long as it enriches your life and aligns with your sense of purpose. Ideally, this action should be about stepping out of your comfort zone and provoking a twinge of anxiety.

Step 3: Take a moment to vividly imagine yourself engaging in this activity. Picture the details and sensations associated with it.

Step 4: Begin to observe your thoughts as they arise in your mind. Watch each thought parade across your consciousness.

Step 5: As you notice a judgmental thought, circle 'judging' on your Bingo sheet. This could be any thought that involves evaluating or criticising.

Step 6: When you come across a predictive thought, circle 'predicting' on your Bingo sheet. These thoughts involve anticipating or making assumptions about the future.

Step 7: Your role during this exercise is simply to observe the thinking process without judgement. Take note of the thoughts without getting caught up in them.

Step 8: Continue this observation for approximately five minutes or until you complete a line on your Bingo sheet. If you complete a line, feel free to celebrate by enthusiastically shouting 'Bingo!' as loudly as you can.

Judging	Evaluating	Criticising	Remembering	Predicting
Assessing	Describing	Deciding	Worrying	Planning
Reasoning	Explaining	Reflecting	Questioning	Arguing
Analysing	Problem-Solving	Noticing	Persuading	Comparing