

3 MINUTES OF THOUGHTS

Set a timer for 3 minutes: Write down every thought you think of in three minutes. Don't record word for word, just write one word for every thought (i.e., thinking of a project due write "project"). If you start thinking about this exercise, write "exercise". See how many thoughts you can catch in three minutes.

After three minutes, count the number of thoughts you wrote down and multiply by twenty. This gives you an idea of how many thoughts you have in an hour.

Thought Diffusion

Thought Diffusion will help you mindfully observe your thoughts without getting stuck on them. It requires the use of your imagination. Visually watch your thoughts, as pictures and/or words, come and go without holding onto them, using the concept of radical acceptance. Let your thoughts be whatever they are and don't get distracted fighting them, criticizing yourself for having them or obsessing over them.

Suggested visualizations or you can create your own:

- Sitting in a field watching your thoughts float away on clouds
- Picture yourself sitting near a stream watching your thoughts float past on leaves
- See your thoughts written in the sand and then watch the waves wash them
- Envision yourself driving and watch your thoughts pass by on billboards
- Imagine sitting beside a tree and watch your thoughts float down on leaves
- See your thoughts enter through the front door of your home and leave through the back door