

Can't Control!

Uncomfortable
Pop-up Thoughts

Your first thoughts is automatic and often what you have been conditioned to think. It does not define who you are or reality.

Negative Self-Thought
Fear & Worry

What you think next is your choice.

RESPONSE
CHOICE

Slow

Fast

Responses are chosen & balanced:

- Accurate Self-Understanding
- Compassionate Self Thoughts
- Balance of Logic & Emotion
- Rational Thoughts

Behaviors to Redirect or Calm the Mind:

- Let go of judgements
- Accepting of what is (can't change)
- Observe and widen perspective
- Be open and curious
- Be kind to self but firm

You dispel the belief.

You don't give power to uncomfortable and distorted thoughts.

The thought has less significance.

The thought can be identified as unhelpful, not true, or not real.



Uncomfortable at times
But mostly at PEACE

Responses are impulsive, habitual, with little awareness:

- Thoughts Based on Fear
- Distorted Thoughts
- Illogical Thoughts
- Irrational Thoughts
- Self Judgements & Self Doubt

Behaviors-Redirect Fear:

- Avoid
- Distract
- Escape
- Hide
- Safety Behaviors

You increase attention and significance of the pop-up thought.

You believe negative self-thoughts, fears, worries and uncertainty

They remain important , feel real and can force you to respond to them as though they are life threatening.



STUCK IN PAIN