

Catching Self Talk

Our minds are rarely quiet! We have a stream of thoughts as if we are talking to ourselves in our own heads, pretty much most of the time. Sometimes these thoughts are words and sometimes we think in pictures. Sometimes our thoughts are useful and sometimes they are not. This exercise helps you to catch them, step back from them so that you can decide how to deal with them. It can reduce the power of our thoughts and emotions to control us. The audio exercises “Leaves on a Stream” or “Passengers on the Bus” can help you to step back and see thoughts more clearly, without getting so caught up in them. When you feel a strong emotion try and catch what your mind is giving you. Write about it using the table below. The first line contains an example.

What was I thinking?	How much was I caught up in my thinking? How much did I believe it?	What did I do to step back and get less caught up in thinking?	What happened next?	How did the thoughts seem later?
I'm crying all the time, I've no energy, I am letting my children down because of how I am feeling	Very caught up in it, very true, like a 9 out of 10.	I named the emotion as guilt and I felt I wouldn't criticise someone else for this, so tried to be a bit more kind to myself.	I felt I got some room, and later on I spoke to my partner about how to balance grieving with being a parent.	I was less entangled in them and I felt better about myself

