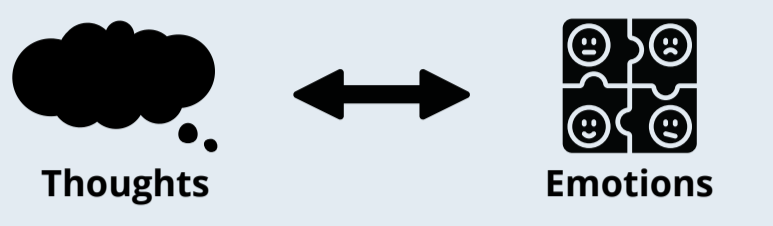


## Session Recap

**Mindfulness** helps us work with the **chattering mind** by **noticing our thoughts as they come, letting them go**, and bringing ourselves back to our **anchor point**.

Remember that **thoughts are separate from us**, and they occur separately from who we are. That's why we can become aware of them!

## Interrelationship between Thoughts, Emotions, and Behavior



Our **thoughts affect our emotions**, and our **emotions affect our thoughts** because they're **interconnected**. This is why it's important to not get carried away by our thoughts.

## Tendencies with our Thoughts

### Tendency to Rumininate

Allowing **certain thoughts to keep repeating** in our mind, disrupting the present moment

Getting lost in thought and missing out on **good moments**

Getting stuck in rumination or **negative thought spirals**



Mindfulness helps us:



**Recognize** when we're caught up in our thoughts

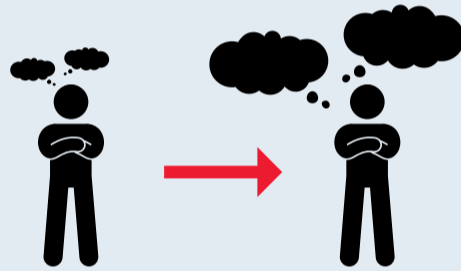
**Observe** and accept **anxious/intrusive** thoughts

**Turn our attention back** to the present moment

### Tendency to Avoid Unwanted Thoughts

Trying to **actively suppress unwanted thoughts**, which can backfire

The more we try to avoid certain thoughts, the more **space** they take up in our mind! Avoiding thoughts also takes a **LOT of energy** to do

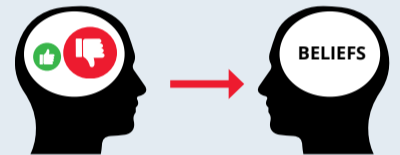


Mindfulness helps us become **aware** of our thoughts as they race through our mind, and **watch them come and go** as they may

### Tendency to Make Judgments

**Making judgments**, by evaluating or labeling ourselves and/or others

Although we make both positive and negative judgements, **the negative ones stand out in our minds**; if they persist long enough, these judgments become **beliefs**



Mindfulness helps us remember that just because you have a thought, this **does not** mean it's true or real



## Home Practice Instructions & Log

### Formal mindfulness

Practice **formal mindfulness** at least **once per day**, on at least **4 additional days** over the next week, to make for a total of 5 days of practice (including the one we did in session!) Feel free to practice any combination of the practices we have learned so far, but aim to do the **thought meditation at least once**, given it's our strategy of the week. At the start of the next group session, we will discuss how this went for you. If you'd like, can use the log below to keep track of your home practice!

	Date	Practiced today?	Notes
1			
2			
3			
4			
5			
6			
7			