

A9: Mindfulness of thought practice

Try to set aside a few minutes each day to practise observing your thoughts, just noticing them but not judging them as good or bad thoughts. It takes a lot of practice to be able to step back and take on the role of observer of our own thoughts.

You may wish to try a visualisation task, such as the ones discussed in the group: picture your thoughts as placards held up in a parade, or as leaves washing downstream, or as text running along the bottom of a TV screen. Make sure you are in a quite comfortable place where you can really focus for five minutes. Remember that the aim is to just *observe* your thoughts, not judge them. Jot down a few notes about what you notice or experience when doing this practice.

Also remember to complete any other worksheets assigned by your therapist.