

Mental Chatter

An exercise – try doing this:

Pay attention to your thoughts, but imagine that they are voices inside your head.

- Are they calm or impatient?
- Are they supportive or disapproving?
- Are they loving or angry?
- Do they encourage or criticize you?
- How do they make you feel?
- Who are they speaking to?

NOTES

You are not your thoughts, but the observer of them. By simply observing your thoughts in this way, you can calm their mental chatter.