

UNHOOKING FROM UNHELPFUL THOUGHTS

Step 1

Say aloud: “I notice that I’m having the thought that...[repeat the thought]”. Take a deep breath.

Step 2

Validate the thought. It is okay that I am having the thought. It is just a thought. Try to be gentle and compassionate towards yourself.

Step 3

Ask yourself: “Is this thought helpful or useful for me to focus on right now?” (not is it true or false but is it helpful?)

Step 4

• If the thought isn’t helpful, make a choice to unhook from it, which means acknowledge it and then let it pass.

Step 5

• Re-direct your focus to the present moment, with curiosity and without judgement (eg. focus on your breath or describe what you can see, hear or feel).

Step 6

Gently move on with your day, practicing this again whenever needed.