

STOP UPSETTING OR DISTRESSING THOUGHTS (FORM 2)

Step 4: Expansion

- Sail above the noise of the thought and allow the feeling to just stay there.
- Focus on what IS versus what IF
- Practice breathing exercises to ground yourself.

Step 5: Allow time to pass

- Observe your anxiety and distress from a curious point-of-view. View it as a scientist might observe a specimen under a microscope.
- Just let the upsetting or distressing thoughts be there. They are just thoughts. This is just discomfort, not danger. It is a false message that you must act on an upsetting or distressing thought.
- Use your Wise Mind, slow your pace, talk slowly, move slowly. Just notice until new thoughts arise.

Step 6: Committed Action/Move towards your values

- Even if the upsetting or distressing thought is present, continue doing whatever you were doing before the thought entered your mind. Use your Wise Mind. Feeling shaky is just an uncomfortable feeling, it is not dangerous.
- Continue on with your routine, activities, and life.
- Focus on the following statements/questions:
 - ^ This goal is meaningful to me because I value _____
 - ^ These are uncomfortable or painful thoughts and feelings that I'm willing to make room for to reach my goal of _____
 - ^ I can use the above skills if uncomfortable or painful thoughts and feelings show up
 - ^ I am willing to take the first small step toward this goal on this day and this time: _____
 - ^ What is a value that you'd like to bring more of into your life? (A note: This not be a goal, but rather something that you find personally meaningful or important)
 - ^ Choose a goal which is related to this value—one which you'd like to accomplish and which allows you to evaluate your progress.
 - ^ Next, choose one or more actions that you feel will take you closer to achieving the goal.

