

When your thinking takes you places you would prefer not to go...

When you rehearse or enact a particular thought, feeling or behaviour over and over again it is as if particular track is laid down in your brain. Over time and with practice the track becomes deeper and deeper and it becomes harder to deviate from that track. If you don't like the direction the track is taking you, you need to create alternative tracks that take you in a different direction and to a different destination.



Identify when you begin to go down the track e.g. you may start to feel a craving for something, begin to be anxious or fearful, remember a negative event or start a pattern of thinking which you know leads to feelings or behaviours that are self-defeating or painful. When this happens spend 30 seconds rehearsing different kinds of memories. That is, vividly remembering particular events in as much detail and using as many senses as you can.



Finish by spending 30 seconds breathing mindfully i.e. slowly, deeply and consciously breathing in and out (for about 5 breaths). You can do this as many times during the day as you are troubled by the triggering thought or feeling.

Spend thirty seconds remembering...

1. A time when you felt proud:



2. A time when you felt happy or experienced awe:



3. A funny event:



4. Spend 30 seconds breathing mindfully

It may be difficult to immediately bring to mind pleasant memories so it is helpful to write down a trigger or a description of the memory to help you when you need to recall them. If it is difficult to think of pleasant memories spend some time creating a list or inventory of memories when they come to mind. You have nothing to lose and lots to gain.



Resource created by
Richard Lakeman (c) 2014

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My memory Inventory

Use this page to list memories that you may wish to rehearse.
Choose an image and / or write a brief description.

