

EXERCISE 4

"Thoughts come and go. Don't invite them in for tea," is an old Buddhist saying.

Negative thoughts are often the source of fear.

The exercise aims to verify what you think about yourself under stress and what you think when you achieve success. Looking at your thoughts where negative emotions speak aims to develop the most adaptive model of thinking and acting for everyone.

It all depends on what we do with the negative thoughts that come to us. Will we make them a cup of tea and let them stay in our heads, and thus feel bad, or will we let them go naturally as they came ... and thus - take care of our mood?

Thoughts come and go. You can compare them to the clouds in the sky. Sometimes sunny, sometimes dark. And we are like the sky - inviolable and permanent. It is the nature of the sky to change the weather, and our nature is to change the thoughts. Let's not make them tea. Let's let them sail away.

Write down in the clouds below:

Negative thoughts about yourself

Positive thoughts about yourself

