

Healthy Thinking Exercise: Leaves on a Stream Transcript

1. Imagine a gently flowing stream
2. Imagine there are leaves floating on the surface of the water
3. For the next five minutes, take every thought that pops into your head, whether it's a picture or word, place it on top of a leaf and let it float by
4. Do this for each and every thought, whether it is happy or sad, positive or negative
5. You are not aiming to get rid of the thoughts. You are aiming to step back and watch their natural flow
6. If your thoughts stop, watch the stream and it won't be too long before they start up again
7. If your mind says "this is silly" or "this is too hard" put those thoughts on leaves too
8. If a leaf or thought gets stuck, let it stay, it will eventually move on
9. If an uncomfortable feeling shows up like boredom, frustration or anxiety, just acknowledge it. Say silently to yourself "noticing boredom". And then place those words on a leaf.
10. From time to time, you'll get hooked and pulled out of the exercise. The moment you realise you've been hooked, silently acknowledge it, saying "hooked again" and start the exercise again.