

Managing Difficult Thoughts Mindfully

Our mind does a brilliant job at helping us get ahead in life. It is so amusing and powerful!

From helping us make new friends to get ahead in life, it does it all. It constantly works to make sense of our experiences.

Our mind has an interesting tendency of creating stories to understand our world.

In the pursuit, sometimes our mind can make false judgments too. Sometimes our minds create a story that makes it very difficult for us to leave us to cope!

For example, you may feel you don't belong in your circle or you may feel that you are not prepared for your exams.

So how do we figure out a way around these difficult thoughts?

Let's first take a difficult thought that you often struggle with. Now describe the difficult thought in some detail here:

While thinking about it follow the steps given below:

Step 1: Remind yourself:

- This is merely a passing thought. If I don't engage, it will fade.
- This thought is a story that my mind has created. It is not necessarily true.
- We have a tendency to have more negative thoughts than positive ones. It is not my fault that I am stuck with it.

Step 2: Try not to add to the thought:

Make a conscious attempt to avoid adding to the thought. Resist thoughts that add on to create a false story in your mind.

Step 3: Return to the present:

You can ask yourself: *Where am I now? What am I doing now? How can I pay attention to what is happening right now in my life instead of paying attention to the thought?*

You can take three deep breaths mindfully to bring yourself back to the present. You can also pay attention to sounds or to whatever activity you are involved in.

Remember it is a new thing you are doing and it will take some time. Be kind to yourself.

