



## 4 Steps to Exit Your Thoughts

- ❖ Take a representative image of each thought, for example an anxious thought about an upcoming test - take an image that represents that thought - take an image or sound or words from that thought and anchor it, make it specific. You can imagine putting that anchor in a bubble.
  
- ❖ Think of an image of something nice - anchoring a nice thought i.e. having a nice coffee or being in the sun; one or two images should be enough. Try to sense the good feeling in your body.
  
- ❖ Notice one color in your surroundings, then one sound, then one bodily sensation (perhaps sense a safe/neutral place in your body - it can be the feet on the floor or noticing a hand touching a place).
  
- ❖ Say out loud or in your mind ‘I am out’ or ‘I am here’. Now notice your surroundings, expand your field of awareness (there is more out there than this thought, image...) be mindful and carry on with life.