



## **Mindfulness Techniques**

Mindfulness is about identifying the stories our mind is telling us & living in the present moment regardless: experiencing associated feelings in a clear and balanced manner; seeing things just as they are- no more, and no less. It is the “awareness of awareness”.

### **Reframing:**

- I’m having the thought that...
- I notice I am having the thought that
- Name the story
- Thank your mind for that
- Is that you talking or your mind talking?

### **Visualisation:**

- Leaves down a stream
- Cars passing by
- Trains on a train track
- TV/ Computer screen
- Radio Doom and Gloom
- Which demon is controlling the boat?  
Which passenger is controlling the bus?

### **Bullying**

- What is like to be pushed around by that thought/ belief/ idea? Do you want to have it run your life, tell you what to do all the time?

### **Interested**

- That’s an interesting thought! How old is that story? Where does it come from?

### **Pragmatic**

- If you go along with that thought and buy into it, let it control you, where does that leave you? What do you get for buying into it? Where do we go from here? Can you give it a go anyway, even if your mind says it won't work?

### **Workability**

- If you let that thought dictate what you do, how does it work in the long run?

### **Secondary gains**

- When this thought shows up, if you take it at face value/ go along with it/ let it tell you what to do etc, what feelings, thoughts or situations might it help you to avoid or escape from (in the short term)?

### **Form and location**

- What does that thought look like? How big is it? What does it sound like? Your voice or someone else? Where is it located in space? Is it moving or still? What direction or speed?

### **Insight**

- When you buy into this thought or give it all your attention, how does your behaviour change? What do you start or stop doing when it shows up?

### **Problem solving**

- This is just your mind problem solving. You’re in pain so your mind tries to figure out a way to stop the pain- this is what minds do. But sometimes these solutions are not effective. Your job is to assess whether your mind's solutions are effective...

