Noticing Your Thoughts (Part 2)

Detaching from your thoughts is a skill that can be built by continuing to recognize the difference between our thoughts, feelings, and actions.

Another way to start recognizing the separation is to remember that I thought it's just a bunch of letters that form sounds. We give our thoughts so much meaning that we forget they are just a string of sounds.

Activity: To help illustrate this, take the word "bowl." Set a timer for 30 seconds and say bowl over and over until the timer goes off. What did you notice?

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When I do this, I tend to find that the sound of the "o" starts to sound weird, it stops sounding like a real word, and more just like a silly sound it starts to take away the meaning of the word.

- Now take one of your core negative beliefs as a keyword (unlovable, unattractive, unworthy, etc.).
- Set your timer for one minute and keep saying that word out loud over and over until the timer goes off. What did you notice?

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How is this different from how you usually respond to this word or thought?

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Recognizing how you can detach from the meaning of these words can give you some space to choose how you would like to act that is not necessarily based on how your thoughts tell you that. Try this when you find yourself having a thought that gives you an urge or feeling stuck.

Hutt, R. L. (2019). *Feeling better. Cbt workbook for teens: Essential skills and activities to help you manage moods, boost self-esteem, and conquer anxiety.* Althea Press