

Practice of the week: Mindfulness + Self-Observation + Intervention

- What**
- **Mindfulness + Self-Observation + Intervention: noticing, is my inner critic present and if so, how can I intervene?**
- When**
- **Daily, whenever works**
 - **Choose a daily, existing activity** for example, brushing teeth, washing dishes, eating, walking
- How**
- **Step 1. Begin the activity.** Bring your focus fully to the act of doing the activity while you are doing it. Your mind will wander off into thinking. Simply say to yourself “I’m thinking” without judgement and bring your focus back to what you are doing.
 - **Step 2. Observe.** Do I hear a critical voice? Clues: listen for “should” or “should n’t”, and character attacks
 - **Step 3. Make a list.** Following the two minutes, make a list of inner critic attacks. Add to this list for at least 7 days.
 - **Step 4. Brainstorm possible interventions.** Create some short phrases you can experiment with to intervene with your inner critic - for example, “back off”, or “thanks, but I’ve got this,” you can try laughing at it, or leaving it outside your office.
 - **Step 5. Experiment and adjust.** Try different intervention phrases or tactics and see what works for you, incorporate what you learn and try again.
 - **Use the three C’s: Courage** to try it in the first place; **Curiosity** to learn about the nature of our thoughts; **Compassion** to be kind to ourselves no matter what we discover.
- Duration**
- **5 minutes**

The observer –

Mindfulness practice helps us cultivate the observer.

We begin to know that we are not our thoughts, we are the person observing our thoughts.

innerforce: *our deepest, most authentic self and the source of our vitality.*

*The most important connection we make is the one we cultivate with our own **innerforce**. Take time to connect with yourself every day.*

