

Seeing your thoughts differently

Throughout your life you will make many plans, such as doing more exercise, changing jobs, or trying to eat more healthily. Sometimes it's difficult to stick to these plans. One reason is that our thoughts can sabotage our intentions. For example, you may find that you tell yourself that just one chocolate won't do any harm, that it's too difficult to resist chocolate when you're so tired, or that you will try harder tomorrow.

In situations like these it can be helpful to think of yourself as DIFFERENT from your thoughts.

Imagine you are the driver of a bus, driving towards healthy eating. Your thoughts are a bit like passengers on the bus. They may say 'I really need chocolate', 'I can't concentrate on work without chocolate', or 'I'll just have one chocolate and eat less at dinner time'. Your job as the driver of the bus is to stick to your planned route, regardless of what your thoughts are saying.

Here are a couple of strategies you might like to try:

1. Describe your passengers.

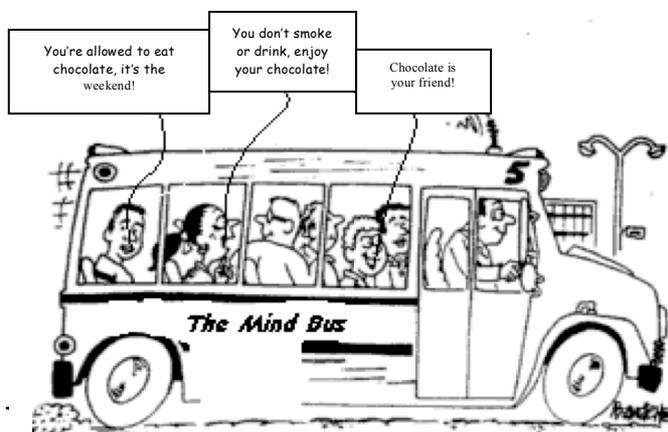
For example, 'This passenger is telling me 'I'm tired and I need a sugar boost'. Then KEEP DRIVING!

2. Let your passengers know who's in charge.

If your passengers are telling you to buy chocolate, let them know who is in charge. Then KEEP DRIVING!

3. Give your passengers a voice.

For example, if you find yourself saying 'I can't resist this chocolate any longer', try saying it with a different accent, or even singing it. Then KEEP DRIVING!



**Remember, you are
the driver of the bus
- your thoughts are
simply passengers!**