WHEEL #19: A THOUGHT IS JUST A THOUGHT (Tool #1)

Thought Path #1:
1. Observe
2. Accept
then…

Agree with it (Aikido)
* When you respond to the thought with “Yes, there’s a chance that that’s true but I choose to move forward anyway” you neutralize it entirely.
* It takes two to argue, and when you drop your end of the argument the thought withers.

Quick Douse of Truth
* You may need to respond with the truth before moving on to the other options on this chart: “Sexuality exists on a spectrum” or “It’s okay to feel scared” or “It’s normal not to feel attracted to my partner all the time.”

Name it
* There’s my fear.
* Intrusive thoughts and other fear-based thoughts are a protective voice from my ego grasping at control.
* Name the equation:
  I don’t love my husband = I don’t love myself
See: Diane’s story

Say hello to it
* Hi fear!
* Hi familiar thought.
* Hi friend trying to protect me from the vulnerability of loving.
* Hi habit.

Change the subject
* Get off that train of thought (article)
And get onto a nourishing train; fill your brain with nourishment:
* Poetry
* Foreign language
* New ideas
* Prayer
* Song
* Dream image
* Rehearse a physical activity
* Listen to MP3s (On Being, SoundsTrue)

So what? and smile
* With a solid witness/adult at the helm, you can see a thought without getting hooked into it and respond to it like you would a young, scared part of yourself.
* Smiling or laughing at fear helps it to evaporate.
* Once you neutralize, you can bat it away.