

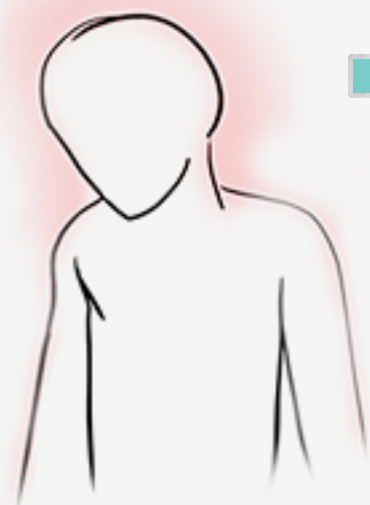


Getting Off Thought Trains

We all have trains of thought that run over and over, but they are not us. Thoughts are not facts.

There is a **voice in our heads** that is always on.

*"I must be strong."
"Is there something wrong with me?"
"Everyone relies on me."
"Why can't I relax?"*



We can tend to view these thoughts as **facts**.

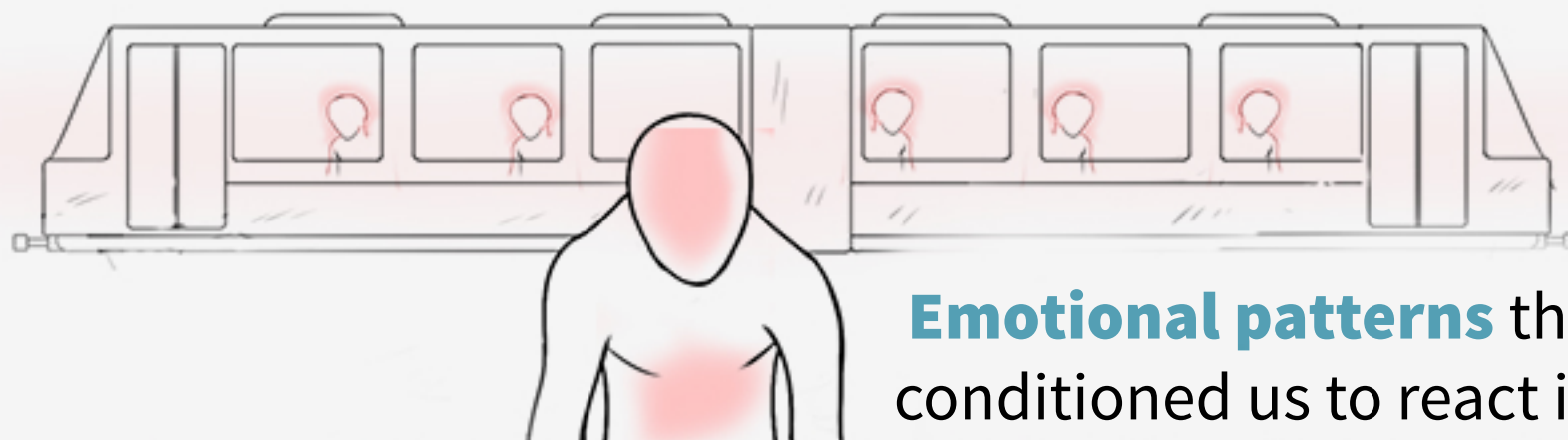


Like **trains** leaving a station, thoughts can carry us off to different places. Some unproductive and negative.



Our thoughts are not facts. They are products of three things:

Past experiences



Expectations of the future

Emotional patterns that have conditioned us to react in certain ways.

Mindfulness helps us **step back** from our thoughts and watch them come and go.



When we notice **trains of thought** we can react differently.



*"Where am I going?"
"Should I stay in the station?"
"Should I get off?"
"Is there a different train?"*

Take

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gets us back into the **here and now** to gain perspective and see clearly.