

STEP 1: Gather

Question: What are you experiencing through your five senses as you are reading this? Try to describe this in as much detail as possible. This is a simple exercise just to help you become aware of what is coming into your mind. This simple awareness can be developed to the point where you learn not to let any thought go through your mind unchecked.

Question: What thoughts are bubbling up into your conscious mind right at this moment? Focus in and see how many there are.

Question: Can you determine the attitude of the thoughts that are currently moving through your conscious mind? Try to focus in on the feelings they are generating and describe them in as much detail as possible. How does your mind feel? How does your body feel?

Question: Do the thoughts in your conscious mind at this moment make you feel peace or worry? Be aware of how your body feels. Are you tensing your shoulders? Is there an adrenaline rush going through your body?

Question: Do you feel like a victim or a victor over what is swarming through your mind at the moment from the external and internal signals? Question: Did you know you are able to accept or reject the thoughts flowing through your mind? Question: You do not have to be dominated by your perceptual library—in other words your emotions. Do you feel dominated by your feeling that have arisen out of the thoughts active in your mind?

Question: Ask yourself, “Do I want this information to be a part of me?”

Question: Toxic thoughts are the result of bad choices. Stress stage two and three are your body’s reaction to toxic thoughts. Can you feel stress reaction— heart pounding, adrenaline pumping, or muscles tensing up in your body?