

# NOTICE WHAT YOU'RE THINKING AND FEELING

## MARK'S STORY

Mark was woken by his alarm as usual but this morning he couldn't get himself out of bed. He pulled the duvet over his head and tried to ignore it. Today was his day off but he just couldn't get up and start his day. He couldn't go back to sleep either, so he just lay there with his stomach feeling very unsettled and his heart pounding in his chest. He knew there were a million and one things to do but instead felt very apathetic and more and more miserable as the morning disappeared.

Then he remembered what he had chatted to his psychologist about the previous week and so noticed how he was feeling. He noticed he was feeling overwhelmed and anxious. He tried not to fight these feelings and instead said to himself "I'm feeling anxious and that is stopping me from getting out of bed". He then noticed that he'd been laying in bed feeling hopeless. He'd been telling himself that his skin was going to get worse and there was nothing he could do about it.

In his head he took a step back and said to himself, "That's me telling myself that everything is out of control. I often do that."

He realised then that his feelings of hopelessness and his inability to start his day was connected to his feelings of anxiety and these feelings were connected to his thoughts of being out of control.

Taking a little step back actually helped things to calm down and Mark was able to get out bed and get some breakfast, even though it was nearly lunch time. He told himself, it didn't matter that he'd spent the morning in bed, and he could start his day from now.

### EXERCISE: NOTICE FEELINGS

Take a moment to notice how your body is feeling. Are you calm? Are you feeling anxious? Do you have a knot in your stomach? Don't fight those feelings, just notice them and write them down here:

HOW AM I FEELING RIGHT NOW?

### EXERCISE: NOTICE THOUGHTS

Now take a moment to notice what's going through your head. It might be ordinary thoughts like, "I need to go and start dinner soon", or it might be thoughts about what you're trying to do right now like, "This is really hard. How can I tell what I'm thinking?" Write them down here:

WHAT THOUGHTS ARE GOING THROUGH MY HEAD RIGHT NOW?

**THE MORE YOU'RE IN TUNE WITH YOURSELF, THE LESS LIKELY IT IS YOU'LL GET STUCK IN A DOWNWARD SPIRAL OR A THOUGHT BATTLE.**