What to do with Anxious Thoughts

Is the thought a Signal or Noise? Concept from Reid Wilson

A thought happens ...

"I forgot to send in the form my kid needs!" or "what if my boss hates my presentation?"

SIGNAL helpful thought

"I forgot to send in the form my kid needs!"



1 Do something about it right now

and/or

- 2 Do something about it later
 - In the moment practice Cognitive Defusion.
 - Schedule a Productive Processing time* to consider the thought.
 - ➤ This works for anxious thoughts that pop up that reflect things you value, but are popping up at unhelpful times.
 - ► This could be a time that you think of a better system in your family for remembering important things because you keep having these crises. You solve the problem

NOISE unhelpful thought

"what if my boss hates my presentation?"



1 Practice Cognitive Defusion*
This is when you get distance from the thought, you let it be without tangling with it and shift your attention to the present moment.

and/or

- 2 Set up Scheduled Worry* times
 This can help because it makes you
 more aware later in the day that you
 are sliding into worry. Then you can
 practice cognitive defusion.
- * **Productive Processing** is when you get into a thought but you do it when you are rested, grounded and ready to give it your full attention.
- * **Cognitive Defusion** is a foundational principle from Acceptance and Commitment Therapy (google for ideas).
- * Scheduled Worry is when you worry for 5 minutes out loud while looking in a mirror (concept from David Carbonell).

Remember, every moment you are aware enough to notice you are caught up in anxious swirling and shift your attention to the present will be a better moment.

Hours are made up of moments and days are made up of hours.

EVERY MOMENT COUNTS!

