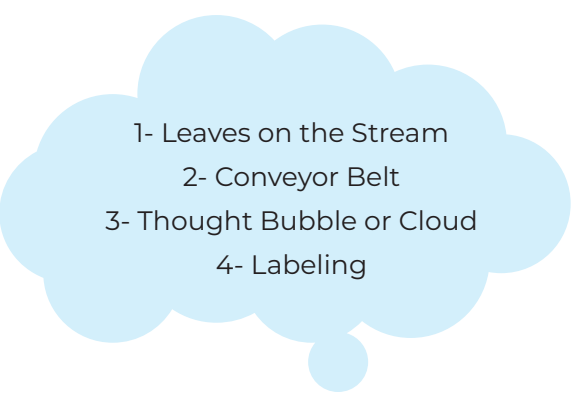




Letting Go

Techniques

What are the four techniques?

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- 1- Leaves on the Stream
 - 2- Conveyor Belt
 - 3- Thought Bubble or Cloud
 - 4- Labeling

What are Letting Go techniques and why would I use them?

Letting Go techniques are 4 ways of dealing with a wandering mind, also called monkey mind, that may occur when you are doing a mindfulness practice. It is normal for your attention to drift during mindfulness practices like Mindful Breathing or Body Awareness. These techniques help you return to the present moment without judging yourself.

When should I use Letting Go techniques?

You can use Letting Go techniques any time your attention drifts away during a mindfulness practice. You can also use Letting Go techniques when thoughts or emotions are keeping you from sleeping or going back to sleep.

Which Letting Go technique is best for me?

You are the best judge of which Letting Go technique works best for you. Experiment with each of the 4 techniques when you are doing a mindfulness practice and find yourself losing focus or having a wandering mind, so you can discover which ones are most helpful for you.





Letting Go Techniques

How do I do the “Leaves on a Stream” technique?

Imagine a moving stream with leaves floating on the water. Then put your thoughts and worries on the leaves, one by one, and watch them drift further and further away from you with the stream.



How do I do the “Conveyor Belt” technique?

Imagine a conveyor belt moving right in front of you. Then, put your thoughts and worries on the conveyor belt, one by one, and watch them become smaller and smaller as they move further away from you.



How do I do the “Thought Bubble or Cloud” technique?

Imagine your thoughts and worries are like bubbles or clouds floating in the air. Watch them move around in a gentle breeze as they drift further and further away from you.

How do I do the “Labeling” technique?

Some people prefer using words to label what they are experiencing to help themselves let go of thoughts and worries. Here are some examples:

- ▶ If you notice you are thinking about not sleeping, label it as “thought.”
- ▶ If you notice yourself feeling anxious, label it as “emotion.”
- ▶ If you notice your heart beating fast, label it as “sensation.”

