LEARNING TO DATE YOUR MIND

It's a Match!

You and your mind like each other

Your Mind   You

💬 send a message

○ keep swiping
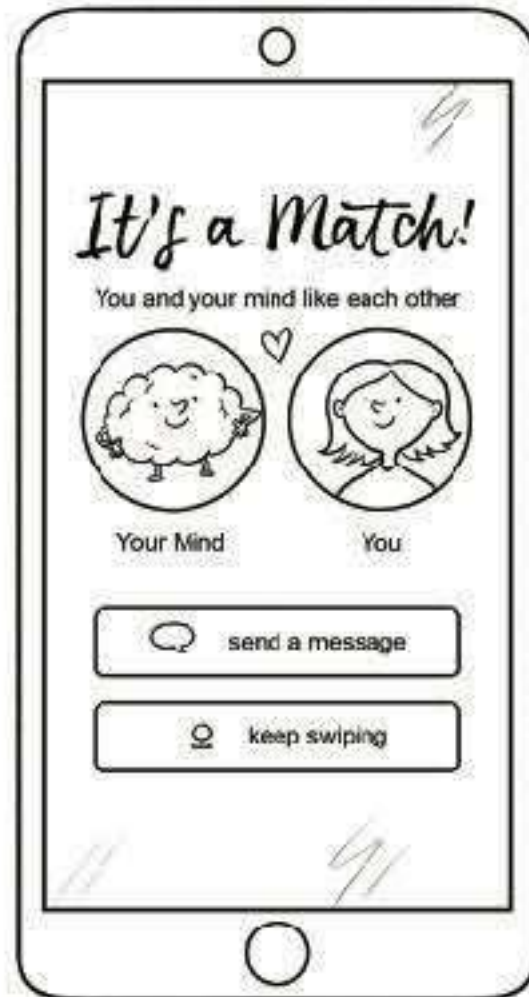
Our ability to think is incredibly valuable and adds so much to our quality of life! We do need to come up with theories, hypothesis, dreams, wishes, create, dream, plan for the

future, anticipate what could go wrong, and so on; and yet, a lot of our thoughts are not helpful, and are pure background noise. Imagine for a moment, if someone plugs a device into our mind, translate it and create a podcast from it? What percentage of the content of the podcast would be of great use? quite likely, a pretty small one.

Learning to relate to our mind as the content-generator and pattern-making machine it is, is essential to live your life and a life without obsessions controlling you. Obsessions are not a problem, but the way we respond to them, the way we relate to our mind, that's what creates misery in our life.

Practicing new dating tips will give you the skills you need to develop a new relationship with your mind, one in which your brain doesn't bully you around, bossy you around, or dictate your actions. By keeping in mind all these tips and putting into action these skills over and over, you will learn to watch all the stuff that your mind has to say, regardless of the content that it comes up with, how often, or how bizarre it is.

Here is a list of new dating tips to put into action:

- Let your mind do its own minding.
- Fall out of love with your mind.
- Get out of the content of your mind.
- Stay "in the moment," not in your head.
- Remember the F of thinking, not how it looks like!
- Make room for disturbing content in your mind
- Watch out for fake-acceptance
- Hold your mind lightly!
- Check always what works!

From the book "Living Beyond OCD
Using Acceptance Commitment Therapy:
A Workbook for Adults"
www.actbeyondocd.com

Keep learning, keep trying, and keep moving towards designing and living the life you want to live! You got this!