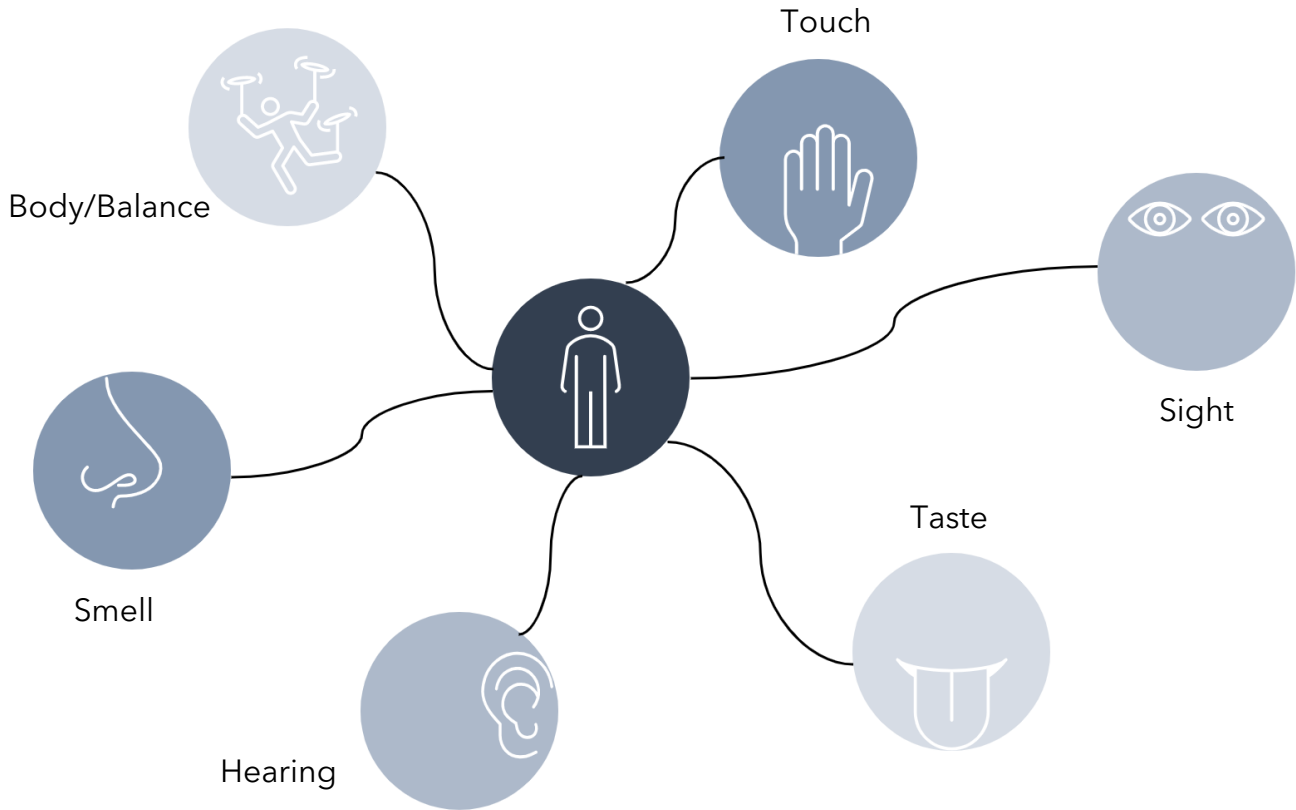


# Cultivate: Thinking

Thoughts or thinking can be understood as a type of activity that takes place in the mind.

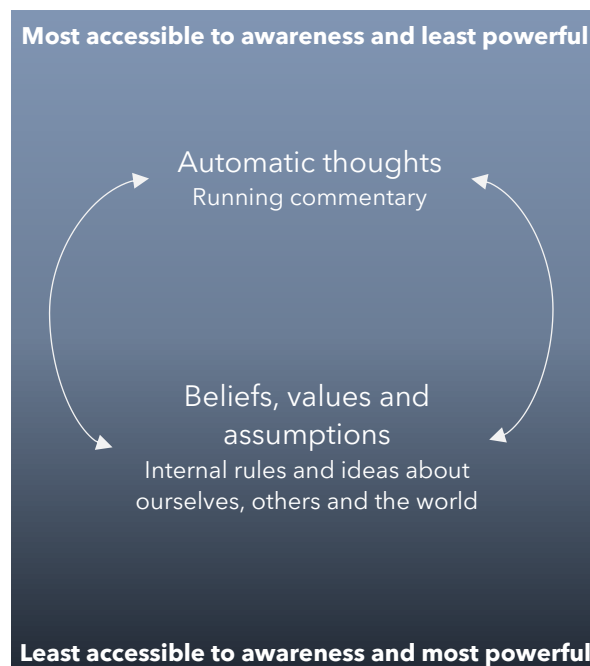
One way of understanding thinking is to classify "levels" of thinking. These thoughts can be understood in terms of accessibility and are made up of our sense experience.

## The senses



## Levels of thought

Our thoughts vary in terms of accessibility and influence. Depending on the situation we can more more or less aware of thoughts and their influence on our feelings and behaviour.



**Thought Diary**

You can use this space to pay attention to and record thoughts throughout the week. Do this when you notice particularly strong feelings or at planned anchors throughout the day to "check-in" with yourself. Include as much or as little detail as you like, the aim of the exercise to more regular ask yourself "what am I thinking?"

Week beginning \_\_\_\_\_

<b>Situation</b> What is happening now, or what has just happened? Who is there/not there? What are they doing? What time is it? In	<b>Thoughts</b> What is going through your mind? Is it about what is happening now or before or later? Are you seeing any images?	<b>Reactions</b> Now that you've noticed these thoughts what is your reaction to them? Did it change at all when you wrote them down?

Notes on the exercise:

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