

FIVE

EMBRACING POSITIVITY

MINDFUL SHIFTS TO EMBRACING POSITIVITY

1

OBSERVING THOUGHTS AS PASSING CLOUDS

Imagine your thoughts as clouds drifting across the sky. When you notice negative thoughts or self-comparisons, simply observe them without judgment—acknowledge their presence and let them pass by without engaging with them. This practice helps you see that these thoughts are temporary and do not define you.

2

SAVOR POSITIVE EXPERIENCES

When something positive happens, take a moment to pause and fully absorb the experience. Use all your senses to engage with it—notice how it feels, what you see, and any emotions that arise. This practice helps you appreciate and internalize the good moments in your life, making it easier to balance out negative thoughts.

3

THOUGHT JOURNALING

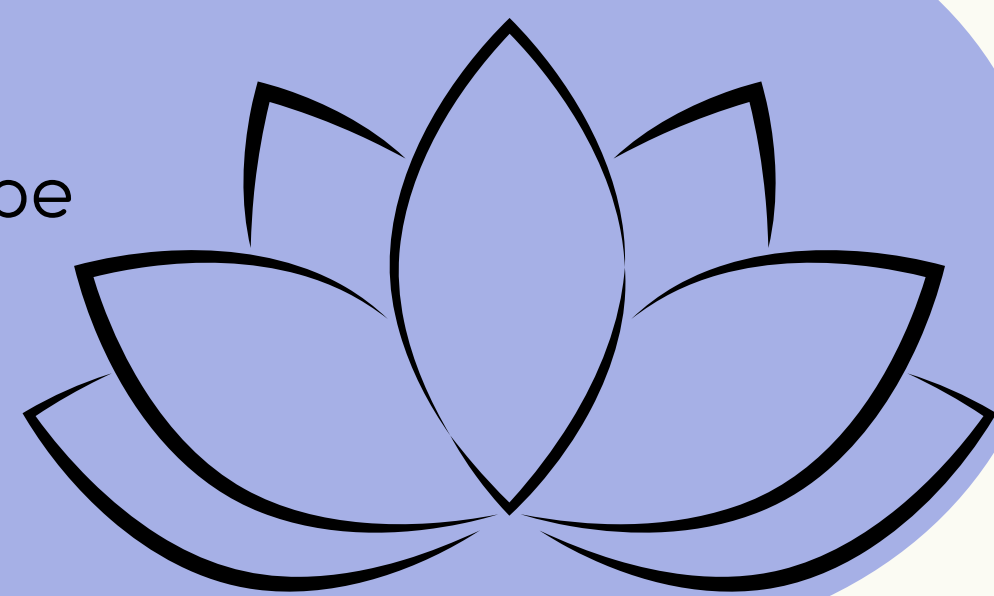
Write down any negative thoughts or self-comparisons you notice throughout the day. Instead of analyzing them, practice cognitive diffusion by labeling each thought as “just a thought,” saying it in a silly voice, or imagining it written in sand being washed away by waves. This helps you recognize that these thoughts are temporary and not absolute truths about yourself.

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4

LOVING-KINDNESS MEDITATION

Find a comfortable position and place your hand over your heart. Repeat these phrases silently to yourself: “May I be happy. May I be healthy. May I be safe. May I live with ease.” Then, extend these wishes to others, including those you might compare yourself to. This practice cultivates compassion for yourself and others, helping to reduce negative self-comparisons.



5

MINDFUL SELF COMPASSION BREAK

When you notice negative self-talk or feelings of comparison, place your hand over your heart and acknowledge your suffering by saying to yourself, “This is a moment of suffering.” Then, offer yourself kindness with phrases like, “May I be kind to myself in this moment,” allowing compassion to replace self-criticism.



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