

Choosing what to think about.

The brain offers us lots of things to think about. It is good if we choose which of those offers to accept. Spending too much time thinking about things that bother us isn't a good thing to do.



Suppose you don't like travelling on a bus ... which lots of people don't. What could you think about to take your mind off it?

One answer is to look at the shops you are going past. What other answers could there be?

Suppose you don't like queuing in the supermarket ... lots of people don't. What could you think about to take your mind off it?

One answer is to look at the items that people have bought and are paying for. (Without staring.) What other answers are there?



Suppose you get worried when you are with other people ... especially groups of strangers. Lots of people feel like this. What would be the best thing to think about?

One answer is to concentrate on what people are saying. This works much better than thinking about how worried you are!





Supposing you get angry when you think about how unfair life is ... which lots of people do. What else could you think about?

One answer is to think about good things that have happened to you in the last day or the last week. What other answers could there be?

Supposing you get sad when you are on your own ... which some people do. What could you think about to cheer yourself up?

One answer is to concentrate on whatever is on the radio or the television. What other answers could there be?



In session.

See if you can think of another example of when it would be good to choose what to think about. What would it be and what would you think about?

Project.

Every time you are sad, worried or angry, choose what to think about. Just like in the examples. Remember to tell us how you get on!

Myth buster.

If you are sad or worried or angry it is good to spend lots of time thinking about it. **Wrong.**

If you have a problem, it is good to sort it out. But it is not good just to spend time thinking thoughts that bother you.