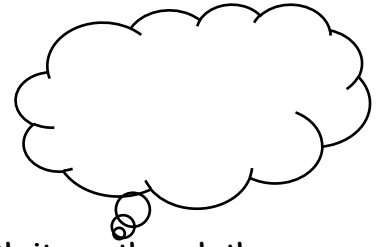




Abundance Therapy Education and Coaching

Mindfulness ABCD



When you have a negative thought and you do not know what to do with it, go through the mindfulness ABCDs and let the thought go.

A	Ask yourself is it true? How likely is this to happen?
B	Breathe and let the thought pass without judging it.
C	Counter it with a positive thought. Note down a nicer thought, memory or something you would like to do in the future.
D	Dump and release it. Let the negative thought go. You may even want to draw picture here of the thought going in the bin. Or you could write the thought down, cut it out and throw it in a real bin.