



Dr. K's Guide to Mental Health

Meditation Module | Replace "I am" with "My mind says" | Worksheet

Step 1: Pick a particular instance where you feel "I am..." a certain way.

Step 2: Now, follow that thought or feeling back to its source. Try to find where it originates from. Your mind may give you mental justifications, but notice that these are just thoughts in your head. Your "proof" isn't tangible, it is literally neurons firing in your brain.

Step 3: Then move away from the judgment, and say "My mind says..."