**Awareness Skill #3 Worksheet**

Awareness that our TFM are not the same as us. We are not our minds, and our minds cannot tell us who we are. Thoughts, feelings, and memories are experiences we have.

Step 1: Identify a thought (passenger) that you have been treating as a known fact about you.

Step 2: Say the 'passenger‘ (usually in the form of a sentence) aloud, the way you typically hear

it in your own head.

Step 3: Say it with an entirely different tone of voice. Try some of these:

* Say it slower or faster
* Say it with an accent (e.g., Canadian, Cajun, Western, Southern).
* Say it with some character‘s voice (e.g. John Wayne, Bugs Bunny).
* Sing it to a melody (e.g., Rap, Country, Jazz, Rock, Musical, Children's Music).
* Once again, say it aloud the way you typically hear it in your head.

Are you beginning to notice that the typical tone-- the one you have been hearing in your head — is just another tone! The typical tone is the sound you are used to hearing. We hear this tone so often that we forget that we are even hearing a tone. This exercise can help you begin to notice again the tones of voice our minds give us. Remember the Wizard of Oz metaphor from the workshop. We have been trained to see our mind as the All-Knowing Wizard; let's pull back the curtain and see our mind for what it is.

Use this worksheet to practice noticing the mind when it pretends to give us answers about ourselves and about what we can/cannot do:

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| Sentence/Statement(the Passenger) | Typical Way It Has Been Heard | Different Way to Hear the thought (a Passenger**)** |
| "I can‘t live with these memories."  | convincing and condemning  | silly and happy, sung to Sound of Music  |
| "I could have saved him if I were braver and better trained."  | Sad, guilt-ridden, with anger  | said slower, with a slur  |
| "I could have gotten that bonus if I were smarter" | Quick, demeaning, anxious | Said with Family guy's Stewie voice |
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