



The Harbour Posts

1

Spot it

Notice that a thought has turned up - "There's a boat". No judgment needed yet, just notice it's there.

2

Name it

Say to yourself "That's a thought" (not "That's true" or "That's me"). Naming it creates a small gap between you and the thought.

3

Watch it

Picture it as a little boat sailing past the harbour wall. You can look at it without climbing aboard.

4

Let it go

Let the boat sail on past. Bring your attention back to something happening right now. E.g. Your breathing or what you can hear and see right now.



Bye bye!