

Week 3/Video 4: Other Helpful Thought Tips

In addition to self-affirmations and alternative responses, there are several other little skills that we can use to begin to shift our patterns of thinking. On **Page 31** you can review these techniques, which includes stopping, mindful observation, and practicing gratitude. As you review each technique, remember that it takes time to build new habits because you are training your mind to think differently. I encourage you to try each of them at least 3 times with intention before deciding if they are useful to you or not. You might find that some of these skills work better than others or at different times or in different ways. We'd like you to build ample techniques for shifting your thoughts. So take some time to review Page 31 before continuing to the next video.