

A MULTITUDE OF OPTIONS FOR WORKING WITH MULTITUDES OF THOUGHTS

Labeling / Noting

1. Sensation, Sound, Breath, Thought
 2. Past Present Future
 3. Pleasant Unpleasant Neutral
 4. The Story
 5. True False
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Neutralize by Shifting Attention

1. Stay Present
 - Sensation, Sound, Breath
 2. Counter-thought
 - Affirmation
 - Mantra / Pranayama
 - Quote
 - $I * D = F$ Intensity x duration = Force
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Neutralize by Listening / Facing

1. Follow the thoughts
 2. Name the thought/story — recognize the pattern
 3. Invite to Tea
 4. What am I attached to?
 5. What am I resisting?
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Neutralize by Applying an Antidote

1. Jealousy — Happy for
 2. Fear — Love
 3. Anger — Compassion
 4. Shame — Acceptance
 5. Grief — Impermanence
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Dissolving Identification with Thought

1. Neti Neti Neti
 - Demagnetize