

## THE PRACTICE OF NOTING THOUGHTS

Noting is a practice of naming our thoughts with a single word. Noting allows us to accept our thoughts, while at the same time, taking a step back and breaking from interacting with them. In this way, our thoughts have less power over our experience. "Mental noting, like inquiry, helps us recognize with care and gentleness the passing flow of thoughts, feelings and sensations... Naming an experience is not an attempt to nail an unpleasant experience or make it go away. Rather, it is a soft and gentle way of saying, 'I see you, fear, anger, etc.' This attitude of Radical Acceptance makes it safe, for the frightened and vulnerable parts of our being, to let themselves be known." –Tara Brach from her book *Radical Compassion*.

Past/Present/Future	Thought	Mindful Observation of Thoughts	One Word
Past	My boss was rude at the meeting yesterday.	I'm noticing I am having continued thoughts about the meeting yesterday.	Rumination
Future	I worried my daughter might not be accepted into college.	I'm noticing I am having concerned type thoughts about my child's future.	Worry
Past/Present/Future	Thought	Mindful Observation of Emotion and/or Sensation	One Word