

CHANGING THE CHANNEL

Did you know that you can choose what you want to think about? You can only have one thought at a time so make sure it's a good one.

For Concentration:

Imagine that what you are thinking about or paying attention to is like watching a TV channel.

What are you thinking about right now? What are you supposed to be paying attention to? If you are in school, maybe you should be paying attention to the teacher or your work or your quiz.

If you are paying attention to something else then you are daydreaming or distracted. Then you are watching your daydreaming or distracted channel.

When you notice you are daydreaming or distracted, pretend you are picking up an imaginary remote control and change the channel to your focussed, paying attention channel. Then bring your attention to whatever you are supposed to be paying attention to.

Use this process anytime you need to pay attention to something to repeatedly bring your attention back.

For Anxiety, Anger, Sadness, Stress:

What are you thinking about right now? Are your thoughts calm, happy, sad, worried, angry, painful, helpful or unhelpful? This is the channel you are watching right now.

Think about what you would put on your happy/peaceful/relaxed/feel good channel. Be specific. Choose 4 different channels that feel good to you. What are these 4 things? Some examples might be petting your cat or dog, swimming, dancing, playing sports, skateboarding, your favorite music or band, a warm bath, your favorite food, playing your favorite game, or whatever feels good to you. What 4 things could you use for your channels?

If your thoughts feel bad or are negative, then pretend you are picking up an imaginary remote control and using it to “change the channel” to one of your happy/peaceful/relaxed/feel good channels and imagine you are watching what you already decided would be on that channel.

Practice “changing the channel” in your mind to a more positive channel.

Do you feel better watching this channel?

Use this process any time you have negative or unpleasant thoughts or feelings.