



### **Week 3 Homework activity – Our relationship with our thoughts**

How would you describe your relationship with your thoughts? Are you afraid of them? In charge of them? Impatient with them? Unaware of them?

If you were to think of your thoughts as a person, what are some of the primary ways you relate to them? As a trusted friend? Unreliable witness? Badgering nag? Nosy neighbor? Unreasonable boss?

How could you improve your relationship with your thoughts?