



Thought Download

Thoughts are the instructions on how to react to a circumstance.

When a brain delivers information about a circumstance, it goes to work trying to give an exact definition to it, and then manifests thought to engage the body in a process to react.

Say your dog gets wet, and once your brain processes that information you think "It's irritating when my dog gets wet." That sentence that appears in your mind creates instruction for your body to a) produce an emotion and b) take action of some sort. The emotion of irritation will probably result in the action of scolding the dog.

You can have multiple thoughts and a mix of emotions happening all at once that will create more than one action. A thought download will give you a glimpse into this.

In this exercise, you're going to name a problem you're currently having, and then answer the question "why?" Why is it a problem? Ask your brain that, and then write down any thoughts that come to mind.

Don't censor yourself. Be petty. Be judgmental. Get it all out. This is an exercise in seeing all the thoughts that your brain has picked up along the road of life and has been using to define your reality and survive.

This can be a tough exercise, especially if you truly allow ALL the thoughts to come out, no matter how ugly they are. In doing that though, you're creating awareness about your conditioned, reactive mind. You must see what you want to change in order to change it.

Also, you might notice yourself get emotional as you write. That's what thought does; it triggers emotion.

Use the prompts on the following page to do a thought download. And if you have any questions or need help, email sarah@braincleanupcoach.com.

1. Name a problem that you have in your life right now.

2. Why? Why is it a problem? Let it all out.
