When you rehearse or enact a particular thought, feeling or behaviour over and over again it is as if particular track is laid down in your brain. Over time and with practice the track becomes deeper and deeper and it becomes harder to deviate from that track. If you don’t like the direction the track is taking you, you need to create alternative tracks that take you in different directions.

Identify when you begin to go down the track e.g. you may start to feel a craving for something, begin to be anxious or fearful, remember a negative event or start a pattern of thinking which you know leads to feelings or behaviours that are self-defeating or painful. When this happens spend 30 seconds rehearsing different kinds of memories. That is, vividly remembering particular events in as much detail and using as many senses as you can. Finish by spending 30 seconds breathing mindfully i.e. slowly, deeply and consciously breathing in and out (for about 5 breaths). You can do this as many times during the day as you are troubled by the triggering thought or feeling.

Make a note of a memory below (a trigger which you will understand) so that the memory is immediate available to you when you need it

**Spend 30 seconds remembering...**

1. **A time when you felt proud...**

When you had a sense of achievement, accomplished something for the first time or did well in some way.

2. **A time when you felt happy or experienced awe...**

When you felt content, had a sense of wellbeing or experienced wonder.

3. **A funny event...**

A time when you laughed or the memory compels you to smile.

It may be difficult to immediately bring to mind pleasant memories so it is helpful to write down a trigger or a description of the memory to help you when you need to recall them. If it is difficult to think of pleasant memories spend some time creating a list or inventory of memories when they come to mind. You have nothing to loose and lots to gain.