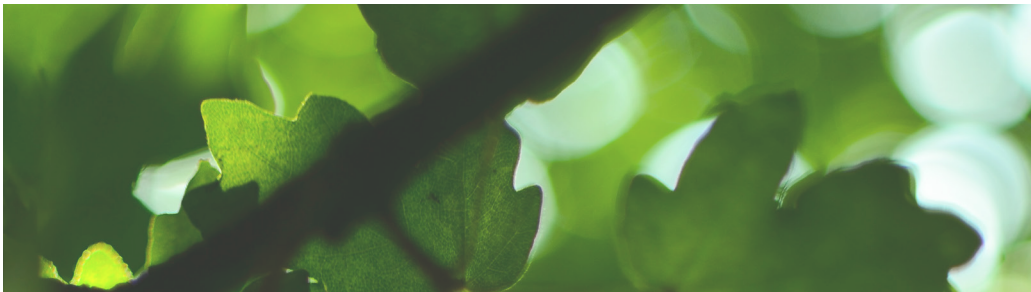


WORKSHEET 4.3: MINDFULNESS PRACTICE

LEAVES ON A STREAM

Adapted from Harris, R. (2009). *ACT Made Simple*. Oakland, CA: New Harbinger Publications, Inc.



Find a comfortable seated position with your back straight and shoulders relaxed. You can let your eyes gently close if that is comfortable for you. If not, look at a spot nearby slightly in front of you.

Imagine you are sitting near a stream. The water is flowing by you. There is a big tree next to the stream. Now see leaves floating down the stream. They can be any shape, color, or size.

As thoughts come into your mind, notice each one and place it on a leaf and watch it float away. It doesn't matter if the thought is helpful or unhelpful. Place it on a leaf and let it float by. You do not need to hold onto any of the thoughts, and you can let the leaves float at their own pace.

If your mind says, "This is dumb," "I'm bored," or "I'm not doing this right," place those thoughts on leaves too, knowing that there is no right way to do this. Simply noticing what arises in your mind and noticing that it also passes by.

If you notice yourself becoming distracted, gently bring your attention back to the stream.

When you are ready, gently bring your attention back to the room.

