

The Observing Self

There is a part of us that thinks, a part of us that feels, and a part of us that is able to notice and observe our thinking and feeling.

We can call this part of us the Observing Self, the Noticing Self, the Watching Self, Pure Awareness, or any other name that makes sense to us.

The observing self is the part of you that notices thoughts and emotions without getting caught up in them. Imagine the sky being your observing self, and the specific weather being your various thoughts and feelings. No matter how intense the weather may be the sky has enough room to make space for those weather events. Likewise, the more we are in touch with our observing self the more effectively we are able to make room for even negative thoughts and emotions.

This Observing Self is a safe place that we can learn to connect with at any time.

When we connect with our Observing Self, our thoughts and feelings have less impact on us.

Imagine that your mind is like the sky. When we are calm and happy, there are probably only a few clouds in that sky. When we experience negative thoughts and emotions, it's as if the sky is cloudy and stormy. However, the calmness and brightness of the sky is there above the clouds even in the worst storm. Through connecting with our observing self we learn to access that calm part of the mind even during an emotional storm.

Connecting with our Observing Self isn't about controlling how we think and feel, it's about having the freedom to make choices that improve our lives.

Practice new skills:

Please choose one of the options below to help you experience the process of connecting with the Observing Self. Sometimes it is easier to understand something if you experience it, rather than have someone try to explain it to you in words. As you listen to the exercise, follow along as best you can with the instructions. Don't worry if you get distracted or lose focus. This is normal. Just refocus on the exercise as soon as you notice that your mind has wandered.

Option 1:

6 Minute Observer Self Exercise

Please click here: <https://youtu.be/fUZfjwL2H24>

Option 2:

Brief Observer Self Exercise (13 Minutes)

Please click here: <https://portlandpsychotherapy.com/wp-content/uploads/sites/26/Brief-observer-self-exercise-13-minutes.mp3>

Between now and the next group:

If you are willing, please decide how often you are willing to practice with the 6 Minute Observer Self Exercise or the Brief Observer Self Exercise (13 Minutes). It can be once a day, every two days, or just one time between now and the next appointment. You decide. Just try your best to practice as many times as you are willing. Don't worry if you don't reach your target. We're not aiming for perfection, just for trying our best.