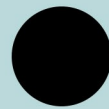


PASSENGERS ON A BUS



Whether we know it or not, we are often driven by our thoughts and emotions – and sometimes it’s hard to have control over them.

In this exercise, you are the driver and your intrusive thoughts are the passengers that hop on your bus. Write down the kind of things your passengers say to you as you drive to your destination.

What is your goal / where do you want to be?

What are your thoughts telling you?



This activity will help you realize that at the end of the day, you are still in control of your own life and these are just merely thoughts that hop in and out of your bus. Choose the passengers you listen to wisely.



Note that these activities are best done with a mental health professional. There is absolutely no shame in asking for help. If you feel the need to talk to someone, we encourage you to reach out to us through this link: <http://bit.ly/MNhelp>. Our psychologists are ready to help you.