

Distractions from Dwelling on Mistakes

All people make mistakes!

It's time to move on from the emotional pain of having made a mistake. Distract yourself from thinking about the mistake by forgetting it and letting it go.

Write about some recreation-time experiences that bring you pleasure.

What activities do you like to do that bring you a sense of deep relaxation?

What activities do you enjoy that bring you a sense of accomplishment?

What activities do you enjoy so much that you actually lose awareness of time?

What activities do you feel passionate about, activities that bring you meaning and a sense of purpose when helping others?

When lying in bed trying to go to sleep, distract yourself from negative thoughts by thinking about these activities.