

# MONTHLY TIP

GERRY FISHER, LICSW

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20 Academy Street, Suite 201-D  
Arlington, MA 02476

Phone: (781) 929-6341  
E-mail: [gfisher-LICSW@rcn.com](mailto:gfisher-LICSW@rcn.com)  
Internet: <http://www.gerryfisher.com/>

## Practice becoming aware of your thoughts.

This can be trickier than it sounds. Some people are not even aware of their own thinking (it's like trying to focus on "the air"). One way to do this is to spend time sitting in a quiet room, and allowing random thoughts to enter and exit from your thinking. Practice placing your attention on the exact words and on the "tone of voice" of this thinking. Once you feel skilled at observing your thinking in a quiet room, try doing it in more active settings, even outside the home. It may take a few months of work with a skilled cognitive-behavioral or "mindfulness" counselor before you can become skilled at observing your thinking patterns.



Tips on 2004 will focus on how to do cognitive-behavioral work in a more dynamic and satisfying way than offered with traditional cognitive-behavioral counseling. For more information, see the January, 2004 soapbox essay.