

# EXERCISE 21

## Thought Diffusion

Access the audio file at [estrangementenergycycle.com](http://estrangementenergycycle.com).

The script:

**Step 1:** Identify a negative thought about yourself

**Step 2:** Identify sensation in the body this thought creates

**Step 3:** Say out loud: the negative thought

**Step 4:** Say out loud: "I'm having the thought that..."

**Step 5:** Say out loud: "I'm noticing I'm having the thought that..."

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